AMES'

Kitchen Secrets

Compiled by the

WOMEN'S UNION of the
FIRST BAPTIST CHURCH

AMES, IOWA

S. HANSON LUMBER COMPANY

BUILDING MATERIALS of ALL KINDS

LUMBER

From

"THE HOME of QUALITY"

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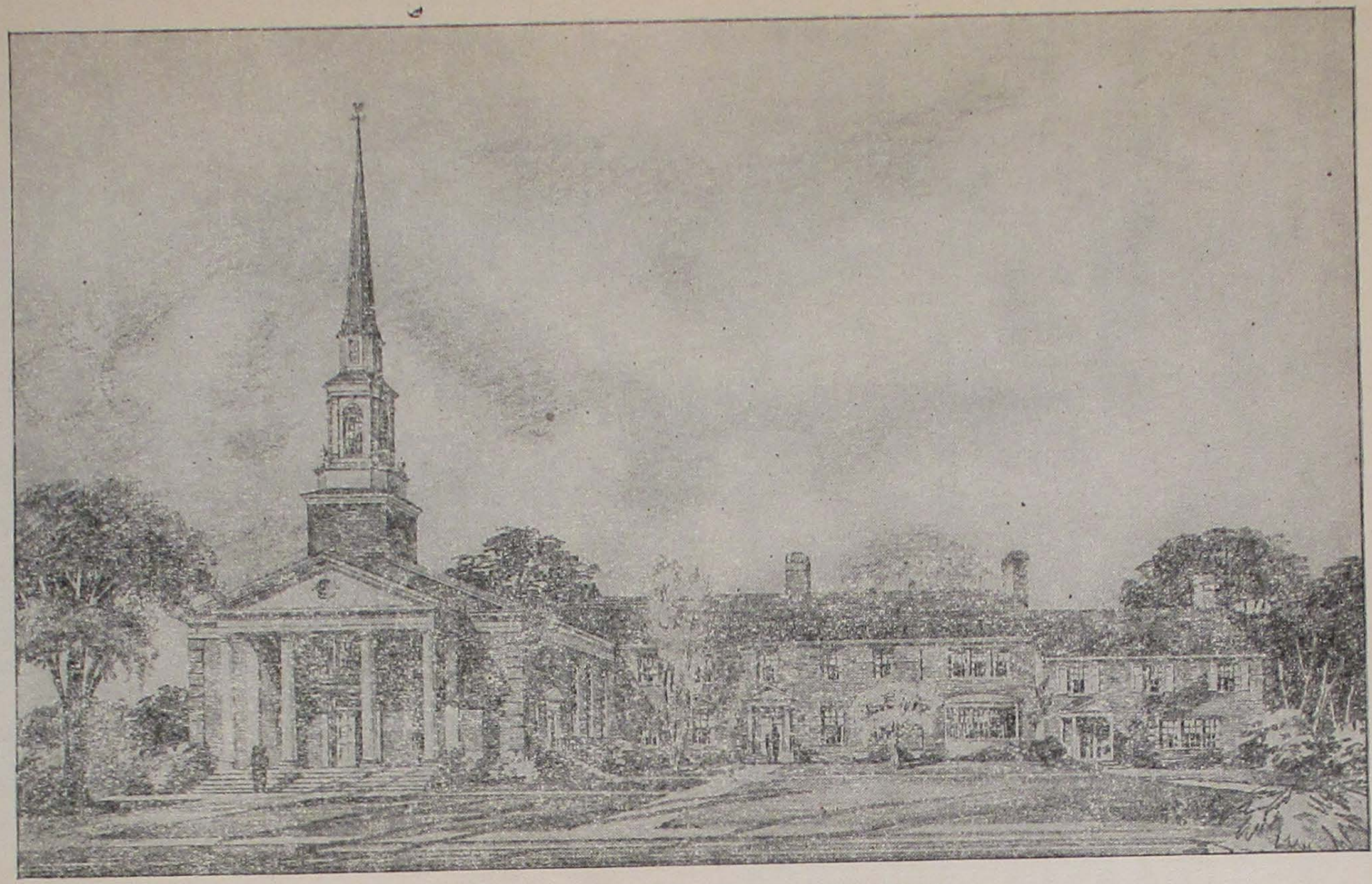

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AMES, IOWA

Ames, Iowa

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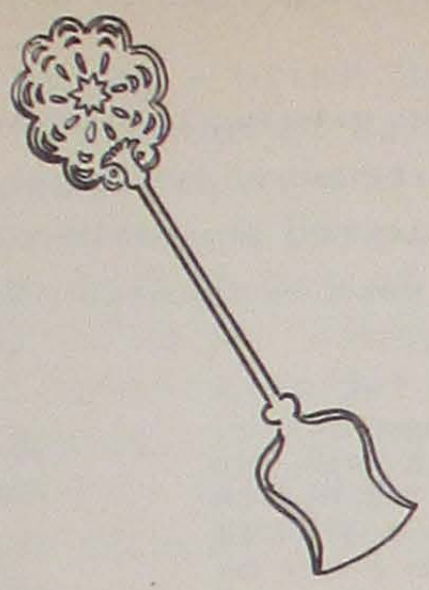
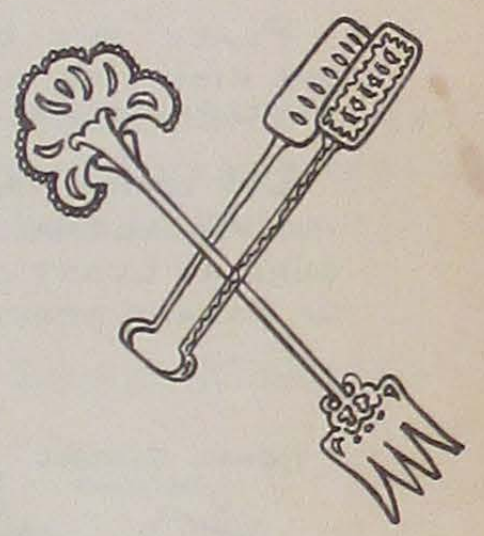
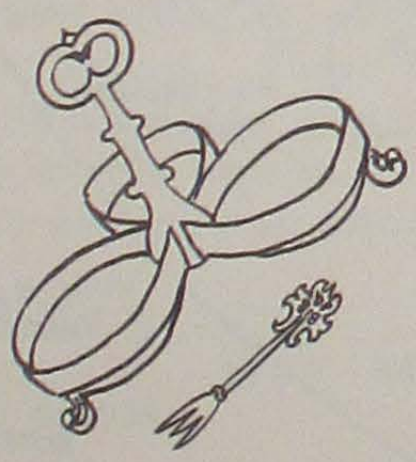
APPE-TIZERS



PICKLES



REL-ISHES



CANAPE TRAY

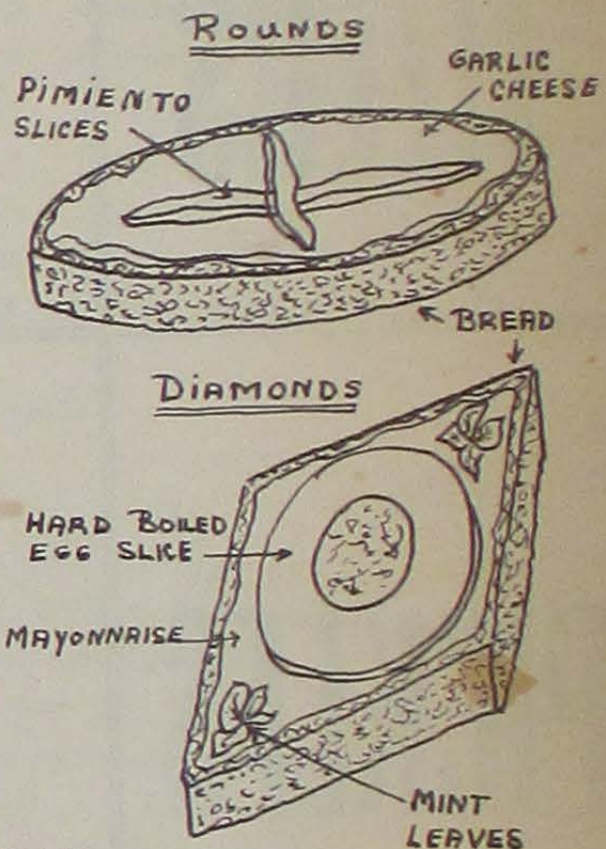
(FOR PARTIES, TEAS OR BEFORE DINNER)

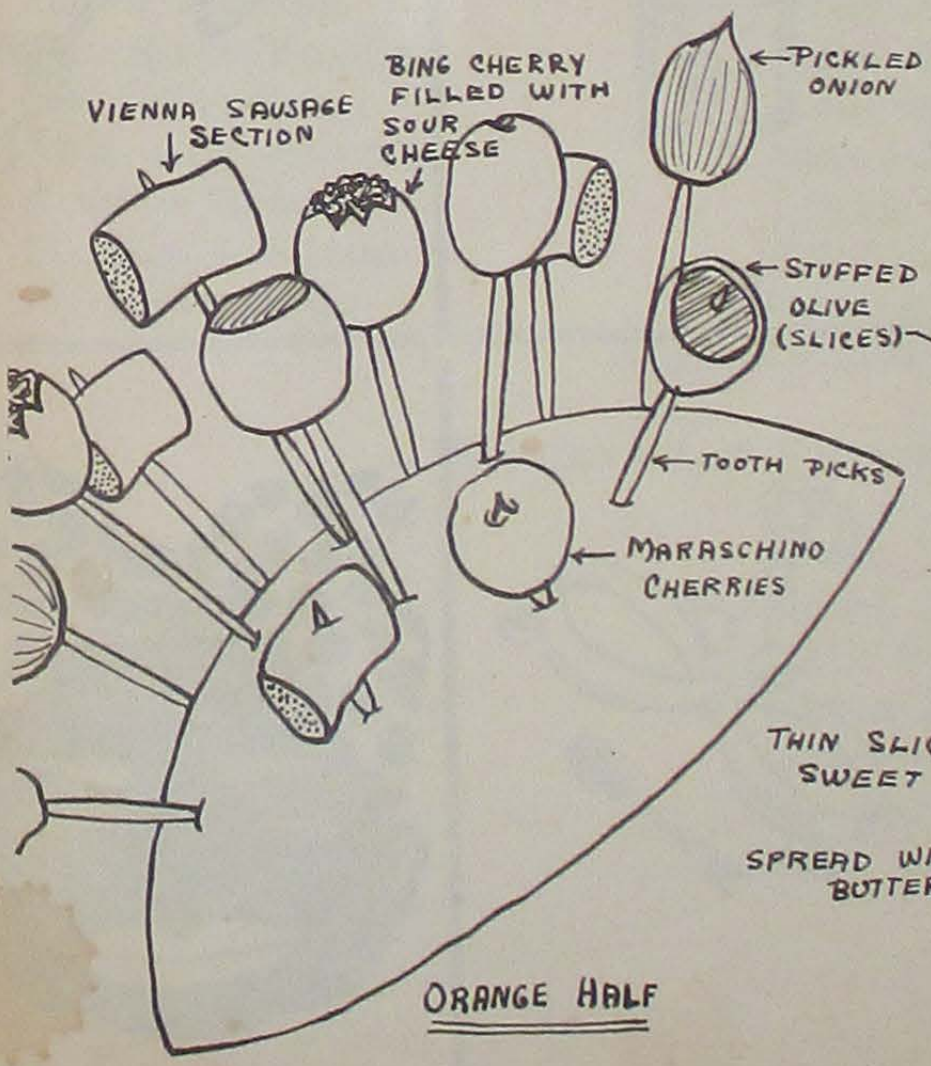
FOR THE BASE OF THE CANAPES CUT BREAD IN SMALL DESIGNS OF YOUR CHOICE AND TOAST ONE SIDE ONLY. (SMALL ROUND CRACKERS MAY BE SUBSTITUTED.) ON THE UNTOASTED SIDE OF THE BREAD BUILD CANAPES USING ANY PREFERED IDEAS. SOME SUGGESTED ONES FOLLOW--

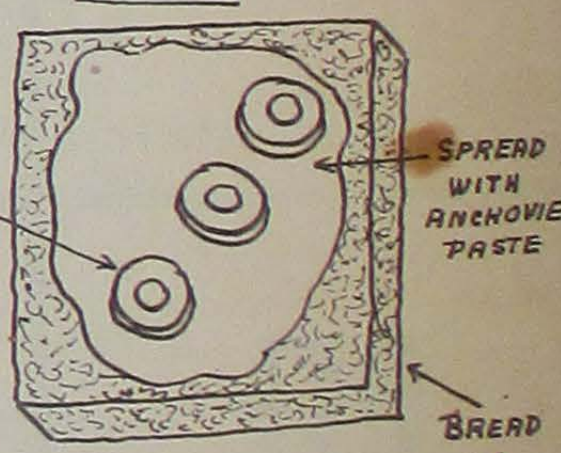
FOR THE CENTER OF THE TRAY SLICE AN ORANGE (OR ANY CITRUS FRUIT) IN HALF, PLACING OPEN END DOWN ON TRAY. INSERT TOOTHPICK IN SKIN OF FRUIT ABOUT 3-4THS OF AN INCH. ON EXPOSED ENDS OF PICKS PLACE STUFFED OLIVES, RED & GREEN MARASCHINO CHERRIES, PICKLED ONIONS, BITS OF VIENNA SAUSAGES, BLACK BING CHERRIES STUFFED WITH SOUR CREAM CHEESE ETC.

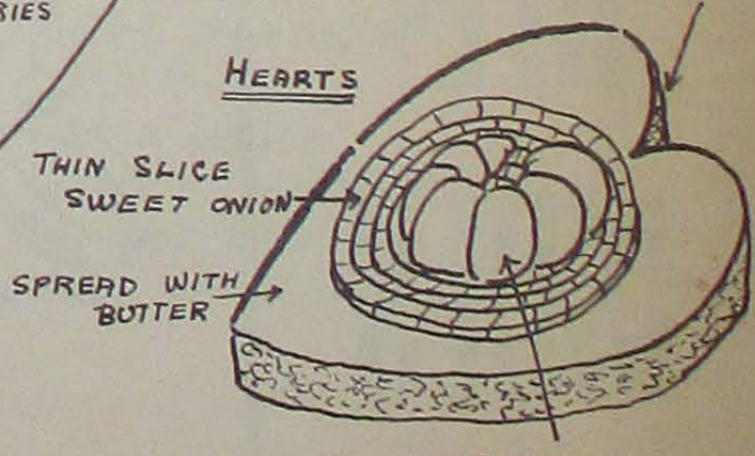
PLACE THE CANAPES (ALL OF ONE KIND TOGETHER) AROUND THE CENTERPIECE OF FRUIT HALF.

USE LARGE TRAY BUT IF SMALL INDIVIDUAL TRAYS ARE DESIRED BE SURE AT LEAST ONE OF EACH KIND OF CANAPE APPEARS ON EACH TRAY.









SWEET PICKLES

Mrs. Chauncy B. Reilly

Wash cucumbers, make a brine that will hold an egg. Soak in brine 3 days. Take out of brine and soak in clear water 3 days. Take out of water and split cucumbers, put in weakened vinegar to taste, 1 Tbsp. green food coloring, 1 Tbsp. powdered alum to dish pan of pickles. Simmer for 2 hours. (do not boil). Drain. Vinegar--1 part vinegar and 2 parts sugar, let come to boil. Add 1 oz. each stick cinnamon, cloves, allspice. Pour over pickles. Pour off for 3 mornings and heat add 1 c. vinegar, 1 c. sugar. Third mroning they are ready to seal. They must be split or they will shrivel.

DILL PICKLES

Miss Ada Scott

6 c. water
1/2 c. salt
1 c. vinegar

Wash and slice cucumber 1/2-inch thick and place in jars solid, putting sprays of dill in; also cherry and grape leaves if you like. Heat the vinegar, water, and salt to boiling and pour over cucumbers and seal at once.

WATERMELON PICKLES

Mrs. Beulah McBride

6 lb. watermelon rinds
6 lb. sugar
1 gal. water
2 Tbsp. salt
2 c. vinegar
8 c. water
14 cloves
1 1/2 sticks cinnamon

Boil rinds in salted water about 25 minutes until tender. Not too fast. Drain.

Make syrup of sugar, vinegar, water, cinnamon and cloves. Boil to a thick syrup. Pour syrup over rinds and let stand over night. Second day pour syrup off and bring to a boil and pour over rinds again. Let stand over night. Third day, boil pickles and syrup and can in jars.

MOTHER BAKER'S CHILI SAUCE

Mrs. Marion B. Richardson

10 qts. ripe tomatoes
10 medium onions
2 bunches celery
4 c. vinegar
1/2 c. salt
1 tsp. cinnamon

MOTHER BAKER'S CHILI SAUCE (Continued)

4 red sweet peppers
2 green sweet peppers
5 1/2 c. sugar
1 pkg. stick cinnamon
2 Tbsp. cloves, (whole)
1 1/2 Tbsp. celery seed

Cook tomatoes until bulk is reduced. Add onions, celery, and peppers, cut fine. Add remainder of ingredients. Cook slowly until quite dry. Can while hot.

Note: Tie in cloth the stick cinnamon and whole cloves.

TOMATO CATSUP — Mrs. Forrest Milliken

1 pt. tomato pulp
1/2 c. sugar
1/2 c. vinegar
1 heaping tsp. celery salt
1 tsp. salt
1 tsp. pickling spice
1/5 tsp. red pepper
1 medium onion, chopped

Place onion and pickling spice in bag, add to other ingredients and boil 30 minutes. Mix 1 Tbsp. cornstarch in small amount of cold water. Add to tomato mixture and boil 3 minutes. Seal. This makes 1 pt. of catsup.

ENGLISH CHUTNEY OR RELISH — Mrs. Bartow

12 large ripe tomatoes
12 apples
4 onions
4 green peppers
2 c. vinegar
3 c. sugar
1 tsp. cinnamon
1 tsp. cloves
2 Tbsp. salt

Peel tomatoes. Quarter apples not peeled. Grind all together and cook until thick. Can in pt. jars and seal.

GARDEN RELISH — Mrs. June Brown, Iowa State College

2 c. green tomatoes, chopped
2 c. onion, chopped
2 c. peppers, chopped
2 c. cucumbers, peeled, chopped

Pour 2 qts. cold water over the above with 3/4 c. salt added. Let stand over night. Next mroning, drain and add the following:

2 c. carrots, cut fine and cooked tender
2 c. whole lima beans, cooked tender

GARDEN RELISH (Continued)

2 c. green beans, cut fine and cooked tender
2 c. canned kidney beans, liquid drained off
2 c. celery, not cooked, cut fine

Boil the following 10 minutes:

4 c. vinegar
3 c. sugar
4 tsp. white mustard seed

Pour the vinegar mixture over the Garden Relish mixture and heat to boiling. Put in pt. jars and seal at once. Makes 7 pts.

Write Extra Recipes Here:

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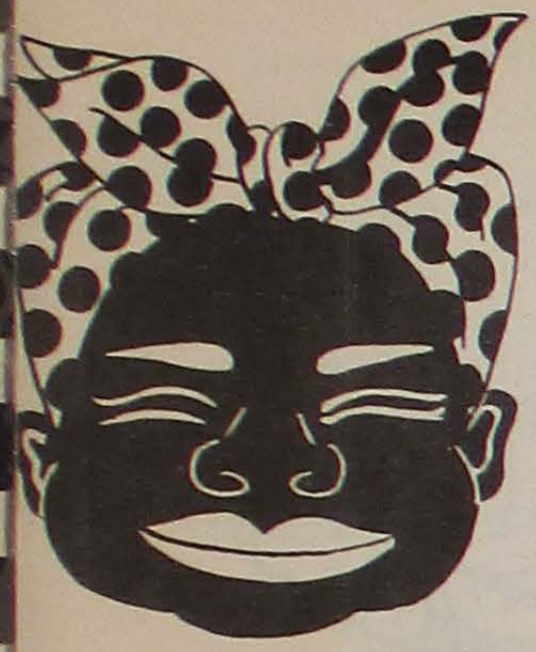
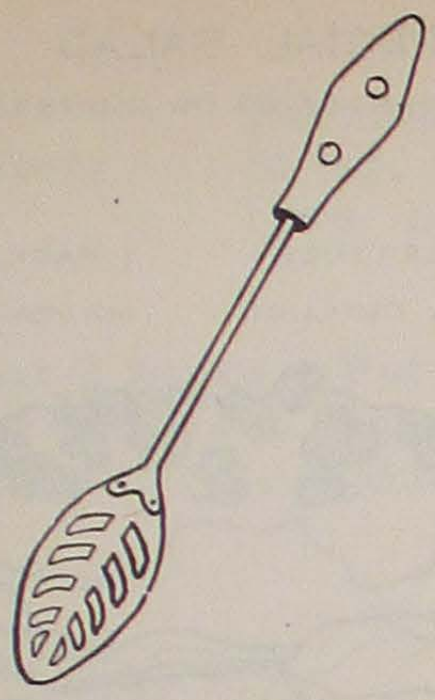
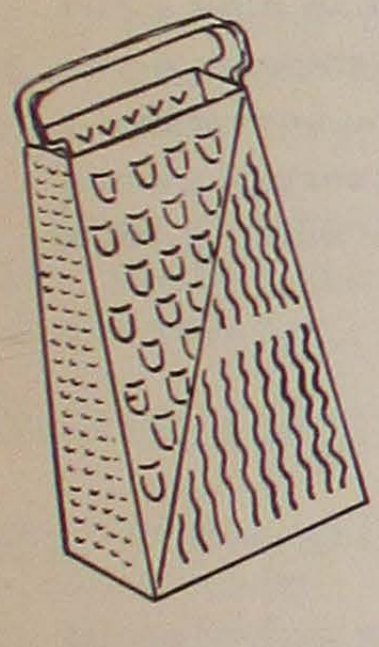
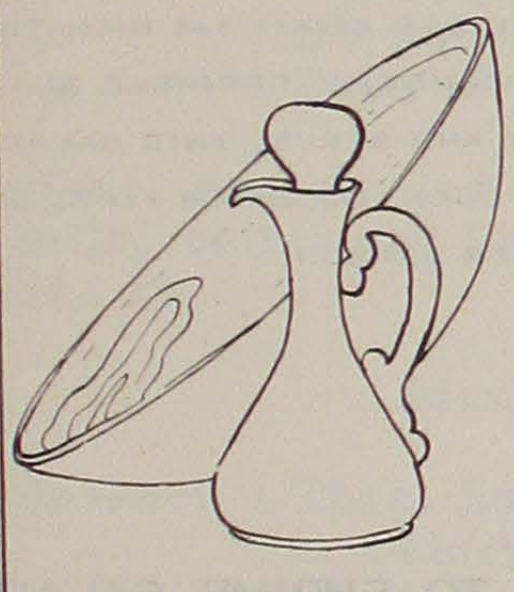


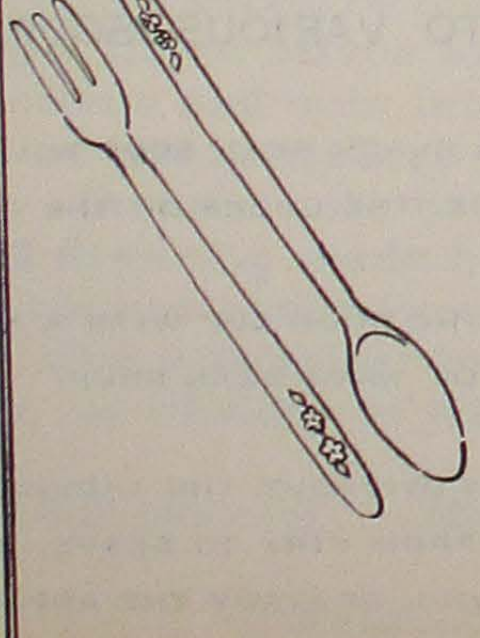


SOUPS





VEGE-TABLES



SALADS

SPECIAL SALAD

(GOOD AT THANKSGIVING OR CHRISTMASTIME)

HEAD CRISP, CHILLED LETTUCE
CAN CRANBERRY SAUCE, CHILLED
1 PACKAGE BLACK WALNUTS
MAYONNAISE

MAKE BED OF CHILLED LETTUCE AND PLACE IN SALAD DISH. CUT CRANBERRY SAUCE IN SLICES ABOUT 3-4 INCH THICK (ROUNDS) & TOP WITH PLENTY OF MAYONNAISE. SPRINKLE BLACK WALNUTS FREELY ON TOP OF MAYONNAISE AND SERVE. THIS SALAD IS ESPECIALLY DELICIOUS WITH TURKEY, DUCK, GOOSE OR FOWL OF ANY KIND. IT IS BEST DURING THE WINTER SEASON.

TO ADD ZEST ...

TO SHRIMP SALAD

FRY ONE SLICE OF BACON (FRY CRISP) FOR EACH SHRIMP SALAD TO BE SERVED. DICE AND MIX THOROUGHLY WITH THE SHREDDED SHRIMP. THE BACON ACCENTS THE FLAVOR OF THE SHRIMP.

TO VARIOUS SOUPS

A SLICE OF LEMON IN BLACK BEAN SOUP WILL SHARPEN THE FLAVOR AS WELL AS ENHANCE THE LOOKS OF THE CUP OF SOUP.

RUB THE BOTTOM OF THE SOUP CUP WITH A SLICED WHOLE GARLIC TO ACCENT THE FLAVOR OF NAVY BEAN SOUP.

ADD SLICED PIMIENTOS (WITHOUT THE LIQUID) TO ASPARAGUS SOUP JUST BEFORE REMOVING FROM FIRE TO SERVE. DO NOT COOK PIMIENTOS IN SOUP FOR THIS WILL DESTROY THE ASPARAGUS FLAVOR.

TOMATO SOUP

Mrs. C. S. Jackson

25 lbs. tomatoes
1 bunch celery (or celery seed)
10 large onions
Parsley
10 tsp. salt
1 tsp. pepper

Cook all slowly for 2 hours. Put through colander and thicken with 1 c. flour and 1/2 c. sugar. Bring to full boil and can. When ready to serve, add milk and butter.

CREAM OF POTATO SOUP

Mabel A. Anderson
Food Service Manager
Memorial Union

2 c. diced or mashed potatoes
2 c. chopped onions
1/2 c. chopped celery
1/4 c. chopped carrots
1 gal. milk
2 Tbsp. butter
2 Tbsp. flour
1 1/2 tsp. salt
1/4 tsp. chopped parsley
Dash of celery salt

Cook potatoes, onions, carrots and celery until tender. Make white sauce of milk, butter and flour. Combine and add seasonings. Serves 20.

TOMATO ASPIC

Mrs. James J. Wallace

1 pkg. lemon gelatin dessert
1 c. V-8 juice
1 c. tomato juice
2 Tbsp. vinegar
1 Tbsp. horse radish
1 c. celery, cut fine
6 stuffed olives, sliced
1/4 - 1/2 c. English walnuts

Heat juices and dissolve gelatin dessert. Add vinegar and horse radish. Chill until thick and beginning to set. Put small amount of jellied mixture into one large or individual molds. Arrange sliced olives to form a garnish. Fold celery, rest of olives and nuts into jelled mixture and fill mold carefully so as not to disturb sliced olive garnish. Chill until firmly set. Unmold onto bed of greens.

Serve with a salad dressing made by whipping together equal parts of cream cheese and mayonnaise type salad dressing. Serves 6. For a heartier main dish salad, add flaked tuna fish, crab, or shrimp to jellied mixture.

TOMATO JELLO SALAD (Aspic)

Mrs. Mason W. Reger

2 pkgs. lemon jello
2 Tbsp. chopped onion

TOMATO JELLO SALAD (Aspic) (Continued)

3 1/2 c. hot tomato juice
6 Tbsp. vinegar
1/2 tsp. salt
shrimp or lobster may also be added
1/2 tsp. powdered cloves
1/4 tsp. pepper
1/2 c. chopped nuts
3 Tbsp. chopped celery

Pour hot juice over jello. Dissolve thoroughly -- add all spices. Pour into mold. When jello is set a little, add nuts and celery. Then add shrimp or lobster if desired. Keep in refrigerator till time to unmold and serve. Serves 8-10.

YUM YUM SALAD — Mrs. C. S. Jackson

1 can crushed pineapple (2 c.)
Juice of 1 lemon
3/4 c. sugar
2 Tbsp. gelatin, (Knox)
3/4 c. ground American cheese
1/2 pt. whipping cream

Heat pineapple and sugar and lemon juice hot, soak gelatin in 1/2 c. cold water for 10 minutes. Add to hot mixture, stirring until all gelatin is dissolved. Let mixture cool until beginning to set, then add cheese and cream that is beaten very stiff. Pour in shallow mold and when set serve on lettuce leaves. Salad is cut in squares and topped with dressing to which cream has been added.

REFRIGERATOR SALAD — Mrs. G. W. Pingry

Drain thoroughly 1 No. 2 can of fruit cocktail, 1 small can each of pineapple chunks and seedless grapes. Cut into quarters, 1/4 lb. marshmallows. Whip 1 c. heavy cream. Add 2 Tbsp. powdered sugar, 1/8 tsp. salt and 3 Tbsp. of commercial salad dressing. Mix with the fruit and marshmallows. Mold in flat baking dish. Let stand in refrigerator several hours. Cut in squares and serve on lettuce.

OVERNIGHT SALAD — Mrs. Grady Taylor

2 eggs
4 Tbsp. lemon juice
4 Tbsp. sugar
2 Tbsp. butter
1 c. cream, whipped
1 c. oranges, cut in pieces
2 c. white cherries, halved and pitted
2 c. diced pineapple
2 c. marshmallows, quartered

Beat eggs until light, add lemon juice and sugar. Cook

OVERNIGHT SALAD (Continued)

in double boiler, stirring constantly until mixture is thick and smooth. Remove from heat, add butter and cool thoroughly. Whip cream, fold with fruit and marshmallows into chilled mixture. Turn into mold and place in refrigerator for 24 hours. Serve with fruit salad dressing. Serves 10.

Fruit Salad Dressing.

Beat 2 eggs and gradually add 1 c. pineapple juice which has been heated. Cook over hot water or very low heat until it thickens; cool, then chill thoroughly. Whip 1 c. cream and fold into chilled mixture.

LIME COTTAGE CHEESE SALAD

Mrs. George B. Hartman

1 carton cottage cheese
1 pkg. lime jello
1 c. boiling water
1/2 c. pineapple juice
1 small can pineapple, (crushed)
1/2 c. finely cut English walnuts

Dissolve jello in hot water. Let cool. Add juice from drained pineapple, the crushed pineapple, cottage cheese and walnuts. Blend well. Pour into molds. Place in refrigerator till firm. Serve on lettuce with topping of mayonnaise. Serves 6-8.

LEMON-LIME JELLO SALAD

Mrs. Julia Shugart

1 pkg. lemon jello
1 pkg. lime jello
3 c. boiling water

Let stand to congeal before adding:

2 c. crushed pineapple
1 c. mayonnaise dressing
1 c. canned milk
1 pt. cottage cheese
1/2 c. nut meats, chopped

Let set. Serve on lettuce with mayonnaise.

LEMON COTTAGE CHEESE SALAD

Mrs. W. H. Stacey

1 pkg. lemon gelatin dessert
1-1/2 c. hot water
1/2 c. mayonnaise type salad dressing
1 c. celery, diced
1/2 c. green pepper, diced
2 Tbsp. onion, minced
1 c. cottage cheese

LEMON COTTAGE CHEESE SALAD (Continued)

Dissolve the lemon gelatin in the hot water. Cool. Stir in salad dressing. Add cottage cheese, which has been finely sieved. Add celery, green peppers and onion. Chill until firmly set. Cut in squares and serve on greens, or mold in individual molds. For variety, stuffed olives or a bit of pimento may be added. Serves 6.

JELLIED CUCUMBER SALAD — Mrs. W. G. Murray

1 pkg. lime gelatin dessert
1 3/4 c. hot water
1/2 c. mayonnaise type salad dressing
1/2 c. stuffed olives, sliced or chopped
1/2 tsp. lemon juice
1 c. fresh cucumber, cut fine

Dissolve gelatin in hot water. Chill until slightly jellied. Whip until very light and fluffy. Fold in mayonnaise, lemon juice, olives and cucumber. Put in individual molds and chill until firmly set. Unmold onto lettuce or other greens and garnish with sliced olive if desired. Serves6-8.

GREEN GAGE PLUM SALAD — Genorie Lovrien

1 pkg. lime gelatin
1 c. boiling water
2/3 c. plum juice, and 2 Tbsp. lemon juice and enough pineapple juice to complete cup

Dissolve gelatin in boiling water; cool to room temperature and add fruit juice. Pour over pitted plums which have been placed in custard cups for molding. Chill until firm. Serves 8-10.

FROZEN FRUIT SALAD — Mrs. J. A. Harmon

1 Tbsp. (1 env.) unflavored gelatin
1 No. 1 can (2 c.) fruit cocktail
1/2 c. mayonnaise
1 c. heavy cream, whipped
1/3 c. maraschino cherries
1/4 c. cold water

Soften gelatin in cold water; dissolve over hot water; cool slightly. Add fruit cocktail with syrup. Fold in mayonnaise and whipped cream. Pour into refrigerator tray. Dot with cut cherries. Freeze until just firm. This salad may be chilled until firm in individual molds or large mold instead of being frozen. Serves 6.

DELICIOUS RAW CRANBERRY SALAD — Emily Mellor

1 box lemon jello
1 box strawberry jello

Dissolve and chill to very soft jelly consistency before adding the following:

2 c. celery, diced
2 c. apple, diced
1 1/2 c. sugar, mixed with 1 lb. ground cranberries
1 No. 2. can crushed pineapple
1 c. chopped nuts

Serve on crisp lettuce and top with a spoonful of fruit salad dressing to which a little whipped cream has been added.

Serves from 10 to 16, depending on size of pan and depth of jello.

CREAM CHEESE VEGETABLE SALAD — Irene Allen

Serves 36

9 Tbsp. lime gelatin (pkg. dessert)
3 c. boiling water
3 8 oz. pkgs. Philadelphia cream cheese
3/4 c. salad dressing
7 c. celery, (cut fine)
1 green pepper, (cut fine)
1 c. stuffed olives (cut fine)

Cool the gelatin. Cream the cheese. Add dressing and then add vegetables, and last the gelatin. Pour in large pan and set in refrigerator.

CRANBERRY COLE SLAW — Mrs. Alva Taylor

1 qt. finely shredded cabbage
2 Tbsp. minced green pepper
1/2 Tbsp. salt
1/2 Tbsp. paprika
1 c. mayonnaise
8 oz. (about) jellied cranberry sauce

Combine cabbage, pepper, seasonings and dressing. Chill. Just before serving, add cubed cranberry sauce, tossing lightly together with two forks.

SOUR CREAM DRESSING — Esther Rawson

1/2 c. milk, evaporated
1/2 tsp. salt
2 Tbsp. vinegar
2 Tbsp. sugar

SOUR CREAM DRESSING (Continued)

Mix salt, sugar and 1 Tbsp. vinegar. Let stand. Then add to cream. Then add rest of vinegar. Will keep a week or so in icebox.

QUICK SALAD DRESSING — Mrs. H. J. Edmand

1 Tbsp. butter
2 Tbsp. flour
1 c. water

Make white sauce with above ingredients. Add slowly 1/2 c. vinegar. Beat 2 eggs, 1/2 c. sugar, 1/2 tsp. salt, 1/2 tsp. mustard. Add this to white sauce and let it come to a boil. 1 1/2 pints.

HONEY SALAD DRESSING — Esther Rawson

2/3 c. sugar
1 tsp. dry mustard
1 tsp. paprika
1/4 tsp. salt
1 tsp. celery seed
1/3 c. strained honey
5 Tbsp. vinegar
1 Tbsp. lemon juice
1 Tbsp. grated onion
1 c. salad oil

Combine dry ingredients - then add honey, vinegar, lemon juice and grated onion. Mix. Gradually add salad oil, beating constantly. Delicious with tossed salad.

SALAD DRESSING — Mrs. Ralph Johnson

1/2 c. ketchup
1/2 c. sugar
Salt
1/2 c. vinegar
1 c. salad oil
Paprika, if desired

Shake in glass jar.

FRENCH DRESSING — Verva Nielsen

1 can cream of tomato soup
1 c. salad oil
1/2 c. sugar
1/2 c. vinegar
2 Tbsp. Worcestershire sauce
1 tsp. salt
1 Tbsp. prepared mustard
1 bud garlic, cut very fine
1 tsp. onion, cut very fine

Put all ingredients into a quart jar and shake well Yield about 3/4 qt.

CANDIED YAMS WITH PINEAPPLE — Mrs. Alva Taylor

Cook 6 medium size yams until tender; peel. Arrange in an 8-inch square pan. Combine 2 c. crushed pineapple, 1 c. brown sugar, 2 Tbsp. butter, 1/2 tsp. salt. Cook these together 5 minutes, or until syrupy. Add 1/2 c. of chopped walnuts and 1/2 tsp. of maple flavoring. Pour over potatoes. Bake 25 minutes.

CANDIED SWEET POTATOES — Mrs. Wendell McCain

3 or 4 medium sweet potatoes
1/2 c. brown sugar
marshmallows
1/2 c. syrup
3 Tbsp. butter or margarine

Peel potatoes and cut into chunks. Boil until tender. Arrange a layer of marshmallows on bottom of casserole dish. Add cooked potatoes. Dot top with butter and sprinkle brown sugar over this. Then pour syrup over all. Bake 45 to 60 minutes at 375 degrees F. Delicious when served with ham slices and a green salad.

CANDIED SWEET POTATOES — Mrs. Robert Barber

1 c. brown sugar
2 Tbsp. butter
2 Tbsp. cornstarch
1 c. water

Combine ingredients in saucepan. Cook until slightly thickened, stirring constantly. Pour over 4 medium size cooked, peeled, sweet potatoes. Bake in 350 degree oven 45 minutes. Baste with sauce frequently.

CORN AND STRING BEAN CUSTARD — Mrs. C. S. Jackson

2 Tbsp. butter or margarine
1 small onion, peeled and minced
1/4 tsp. celery salt
1 c. canned whole grain corn
1 c. cooked or drained canned string beans
1 Tbsp. canned pimento, chopped
1/8 tsp. pepper
3 eggs, beaten
2 c. bottled milk, or 1 c. evaporated milk and 1 c. water

Melt the butter in a sacue pan. Add the onion, and cook 5 min. Add to the remaining ingredients. Mix well and turn into a greased 1 1/2 qt. baking dish. Set in pan of warm water and bake in a moderate oven of 350 degrees F. for 1 1/2 hours or until set. Serves 6. To serve 2 or 3

CORN AND STRING BEAN CUSTARD (Continued)

make half this recipe. For cheese sauce add 1 c. grated cheese to 2 c. medium white sauce, and cook until the cheese is melted. (I set this in a pan of water when baking.)

HARVARD BEETS — Mrs. J. N. Martin

1/2 c. sugar
2 Tbsp. cornstarch
Liquid from can of beets

(Mix and cook 5 minutes). Then add 1/2 c. mild vinegar and 1 No. 2 1/2 size can beets, (diced). Cook 15 min. Add 2 Tbsp. butter. Serve hot.

GREEN BEANS WITH SOUR CREAM DRESSING
Mrs. Carl Rosenfeld

1 pt. or No. 2 can green beans
1 Tbsp. finely chopped onion
1 Tbsp. vinegar
1/4 c. thick sour cream
Salt if needed

Boil beans in an open sauce pan a few minutes. Drain off any juice left, (and use later in soup). Just before serving, add dressing made by stirring together the cream, vinegar and onion. Double amount of cream dressing for a quart of beans.

This is Grandmother Louise French Rosenfeld's recipe.

BEAN LOAF — Mrs. Alva Taylor

Soak 1/2 lb. navy or soy beans in plenty of water overnight. In the morning, simmer until tender, adding a few slices of onion and celery. Drain, mash well, add 1/2 c. of soft bread crumbs, 1 chopped pepper. Season to taste. Milk enough to moisten well, with 1 beaten egg. Make into loaf, brush with milk. Bake 35 minutes, in a moderate oven. Serve with tomato sauce.

BAKED ASPARAGUS AND EGGS — Hilda Fuller

1 bunch, (or 1 can) asparagus
4 hard cooked eggs
2 c. med. white sauce
1/4 c. buttered crumbs
1/4 c. grated cheese
1 c. soft bread crumbs

Mix soft bread crumbs, sliced eggs and white sauce. Put alternate layers of the egg and white sauce mixture and

BAKED ASPARAGUS AND EGGS (Continued)

asparagus in buttered casserole. Cover the top layer with grated cheese and buttered crumbs. Bake in hot (400 degree F.) oven until top is brown. Serves 4.

SPINACH CASSEROLE — Ruth Spadaro

2 c. cooked (canned) spinach
small onion, diced
2 Tbsp. butter
2 eggs, beaten
1 c. milk
1/2 c. cracker crumbs
Dash of nutmeg
Salt

Brown onion in butter. Stir together all ingredients. Bake 40 minutes at 325 degrees F. Serve with tomato sauce made from 2 Tbsp. flour, 2 Tbsp. butter, salt and pepper, and 1 c. tomato juice. Make as for white sauce.

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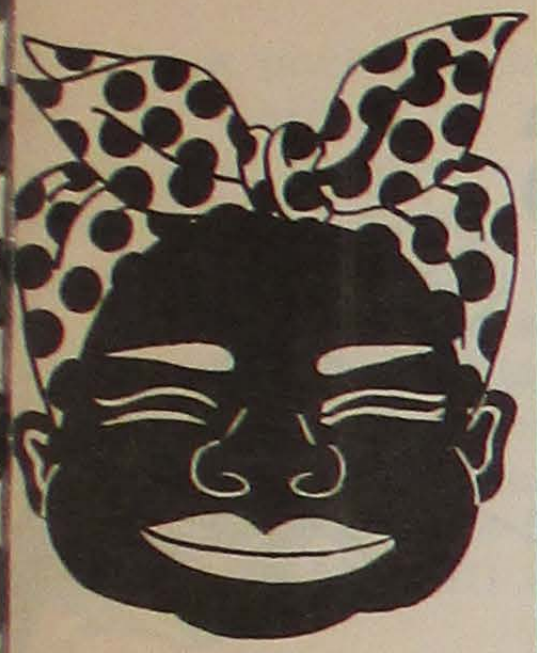

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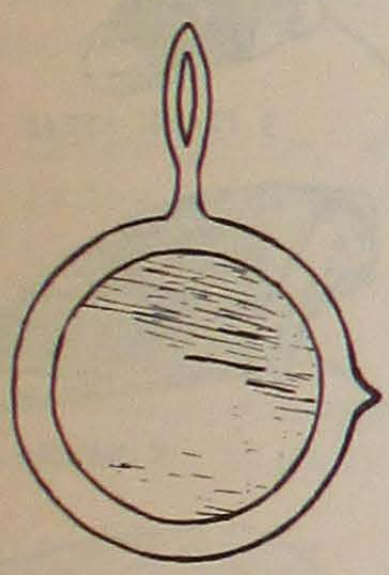
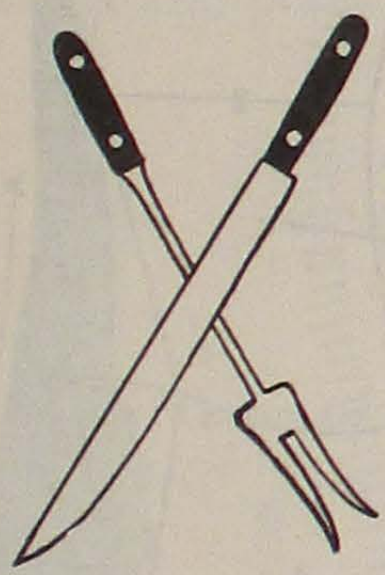
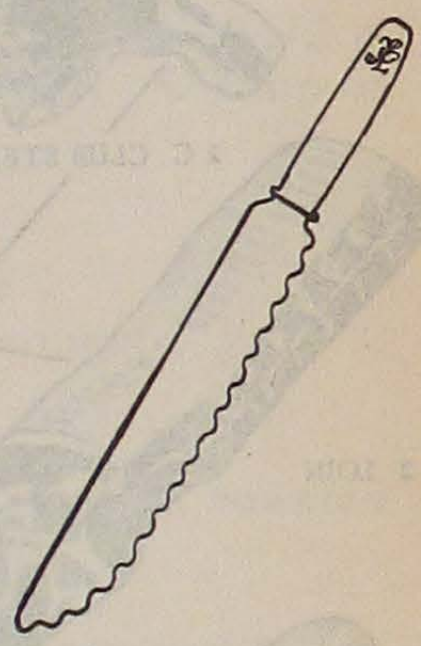


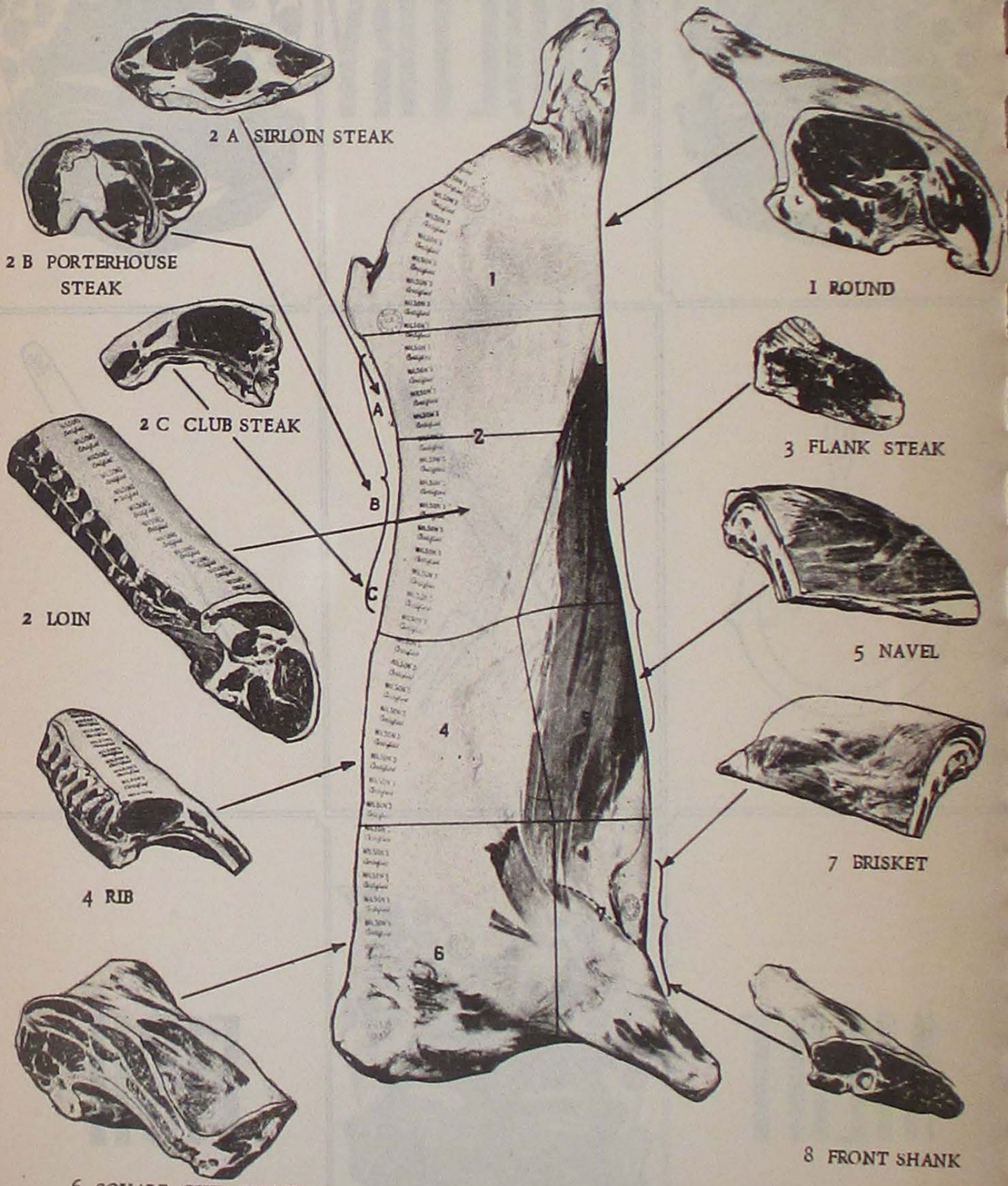




MEAT

FISH

Beef Cuts



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CHICKEN BAKED PORK CHOPS — Mrs. E. E. Diehl

6 thick pork chops
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. drippings
1 c. rice (quick cooking)
1 can cream of chicken soup
1 c. milk

Season chops with salt and pepper. Brown in drippings in frying pan. Place in baking dish or casserole. Cover with rice. Mix soup with milk and pour over the chops, being sure to cover rice with liquid. Cover tightly. Bake in moderate oven (350 degrees F.) for 1 1/4 hours. The chicken soup will be absorbed into the chops and rice.

SWISS STEAK — Opal Gardner

Round steak, cut 1 1/2 inch thick. Beat into this 1/2 c. flour. Sear on both sides and place in roaster. On top of steak put:

1 large onion, sliced
1 large sweet pepper, chopped
1/4 lb. butter
1 Tbsp. salt
1 Tbsp. sugar
1 can tomato soup

Pour enough boiling water on to cover. Cover roaster and bake slowly 1 1/2 hours.

SHIP WRECK — Mrs. Maynard Taylor

Prepare and put in a greased baking dish in order listed:

1 medium to large onion, sliced
3 or 4 medium potatoes, sliced
Layer ground meat, made up of 1/2 lb. beef and 1/2 lb. pork
Layer of sliced carrots (about 3 medium)
small can red kidney beans
1 c. tomatoes

Season to taste, and bake in a slow oven about 2 hours.

JOHNNY MOSETTI — Mrs. L. E. Amme

4 strips bacon
1 can tomato soup

JOHNNY MOSETTI (Continued)

1 small onion
1 lb. ground pork
1 pkg. egg noodles
1/4 tsp. salt

Cut bacon in inch pieces. Brown and add onion, chopped fine. Turn flame low and let simmer for a minute. Add ground pork, salt and brown nicely. Have noodles cooked in boiling salt water and drained. Add to mixture and stir all together with tomato soup. Bake 40 minutes at 350 degrees F.

JAN NAZETTE (Veal and noodles) Irene L. Wells

Serve 15.

3/4 lb. wide noodles
1 1/2 lb. ground veal
1 No. 2 can white corn, cream style
1 No. 2 1/2 can tomatoes
1 large onion, cut fine
2 1/2 c. celery, diced
1 large green pepper, diced
1/4 lb. butter or margarine
1 Tbsp. salt

Serve 50.

2 lb. wide noodles
6 1/2 lbs. ground veal
3 No. 2 cans white corn, cream style
3 No. 2 1/2 cans tomatoes
3 large onions, cut fine
2 qts. celery, diced
3 large green peppers, diced
1 lb. butter or margarine
3 Tbsp. salt

Cook noodles until tender. Melt butter. Add onion, pepper and celery. Cook through but do not brown. Add veal and cook until veal turns white. Mix corn and tomatoes and heat through. Put 2/3 of the noodles in bottom of baking pan. Cover with the meat mixture. Pour over the corn and tomato mixture. Cover with remaining noodles and top with buttered crumbs. Bake 1 hour in moderate oven. 350 degrees F. This recipe is from a famous French chef.

DINNER-IN-A-DISH Mrs. Grady Taylor

4 Tbsp. fat
1 med. onion, chopped
1 green pepper, sliced
1 lb. hamburger
1 1/2 tsp. salt
1/4 tsp. pepper
2 eggs
2 c. corn, whole grain
4 medium tomatoes, sliced
1/2 c. dry bread crumbs

Put fat in skillet and lightly fry pepper and onions for 3 minutes. Then add meat and blend thoroughly. Add seasoning. Remove from fire. Stir in eggs and mix well. Put a cup of corn in baking dish, then half the meat mixture. Then a layer of sliced tomatoes. Then another layer of corn, meat and tomatoes. Cover with crumbs. Dot with butter. Bake in moderate oven 35 minutes.

CHIPPED BEEF A LA MODE

Mrs. Irene L. Wells

Serves 50 with No. 10 dipper

2 1/4 lbs. dry noodles
1 c. fat
1 1/2 c. flour
2 qts. milk
2 lbs. fresh mushrooms
1 c. pimentos
2 1/4 lbs. chipped beef
2 tsp. white pepper
3 c. bread crumbs
1/2 c. butter

Cook noodles in boiling salted water until tender. Drain. Make medium white sauce of fat, flour and milk. Peel and slice mushrooms, saute in butter. Add to white sauce. Grate cheese. Cool white sauce a little. Add grated cheese and stir until blended. Saute beef in 1 c. bacon fat until edges curl. Combine sauce, noodles, pimentos and chipped beef. Add pepper. Put into greased baking pans. Melt 1/2 c. butter and blend with crumbs. Sprinkle buttered crumbs over top. Bake at 375 degrees F. for 30 minutes.

SPICY MEAT LOAF

Mrs. Orrin Zea

1 slightly beaten egg
1 c. milk
1 c. dry bread crumbs
2 lb. ground beef
2 tsp. chopped onion
2 tsp. salt
1/4 tsp. pepper
1/4 c. catsup or chili sauce

Combine egg, milk and crumbs. Allow to soak until milk is absorbed. Add beef, onion, salt and pepper and blend. Pack in loaf pan or shape into loaf in a shallow baking dish. Spread top with catsup or chili sauce. Bake 1 1/2 hours at 350 degrees F. Serves 8.

MEAT LOAF

Mrs. C. S. Jackson
Mrs. Irvin Netcott

2/3 c. dry bread crumbs
1 c. milk
1 1/2 lb. ground beef
1/4 c. grated onion
1 1/2 tsp. salt
1/8 tsp. pepper

MEAT LOAF (Continued)

2 beaten eggs
1/2 tsp. sage

Soak bread crumbs in milk; add milk, eggs, onion and seasonings; mix well. Form in individual loaves and place in greased muffin pans. Cover meat loaves with Piquant Sauce. Bake in moderate oven (350 degrees F.) 45 minutes. Serves 8. Or form in single loaf in 4 3/4 by 8 3/4-inch loaf pan. Bake 1 hour.

Piquant Sauce.

Combine 3 Tbsp. brown sugar, 1/4 c. catsup, 1/4 tsp. nutmeg, and 1 tsp. dry mustard.

MEAT LOAF — Mrs. Alva Taylor

2 lb. ground beef
1/2 lb. ground pork or sausage
1 onion
1 egg
2 1/2 tsp. salt
2 slices of bread
1/2 c. water
Pepper
Pinch garlic salt
1 c. tomatoes
1 1/2 Tbsp. flour

Soak bread in water, drain and break. Mix all ingredients except flour, tomatoes and water. Shape into loaf, pour liquids over, and sprinkle with flour. Bake 1 1/2 to 2 hours in moderate oven.

MEAT PATTY CASSEROLE — Mrs. Ethel B. Woodward

1 lb. ground beef
1/2 lb. ground pork or sausage
1 tsp. salt
Pepper
3/4 c. milk
3/4 c. bread crumbs
1 egg

Combine these ingredients and shape in 12 thin patties. Make a dressing of:

2 c. bread crumbs, cubed
1 Tbsp. minced parsley
1/4 tsp. salt
1 small onion
Pepper
1/4 c. chopped celery
Water to moisten
3 Tbsp. salad oil

Place a patty of dressing on one meat patty, top with another meat patty. Seal edges and brown in fat. Add 1 can

MEAT PATTY CASSEROLE (Continued)

of condensed cream of mushroom soup and 1/2 c. water. Bake in moderate oven (350 degrees F.) 45 minutes.

PORCUPINE BALLS — Mrs. Florence Mathews

1 lb. beef) ground together
1/2 lb. pork)
1/2 c. uncooked rice
1 small onion
1 pepper
1 c. milk
Salt
Pepper

Mix and drop in balls into roasting pan. Cover with:

1 c. celery
1 c. tomato soup
1 c. water
1 c. carrots, cut

Cover and bake 2 hours at 325 degrees F.

DANISH MEATBALLS — Mrs. C. Lykkegaard

2 lb. ground beef
1 small grated onion
Salt and pepper to taste
1 large egg
1 c. flour
1 c. cold water

Mix ground beef, onion, salt, pepper and egg. Add flour and water alternately. Stir it well. Fry in half Oleo and Spry over medium heat. Dip a tablespoon in the melted Oleo and Spry and fill spoon with meat mixture. Put in pan like small balls, flatten a little. Turn when nice and brown. When I have fried the meatballs, I slice a small onion in the dripping. When tender, make the gravy. Serves 6 to 8 persons.

BAKED PATTIES WITH DRESSING — Mrs. Dean C. Benson

1 Tbsp. flour
1 1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. ginger
1 lb. ground beef
1 egg, well beaten
1 Tbsp. minced onion
1/2 c. soft bread crumbs
2 Tbsp. cooking fat
1/2 c. milk

Sift together flour, salt, pepper and ginger. Add to beef. Blend. Combine egg, milk, onion and bread. Add to meat mixture. Blend. Form in 6 patties. Fry lightly in cooking fat. Top with onion dressing.

Onion Dressing.
4 slices dry bread
1/4 tsp. sage

BAKED PATTIES WITH DRESSING (Continued)

2 Tbsp. fat
1 Tbsp. minced onion
1/8 tsp. salt
1/8 tsp. pepper
3 Tbsp. cold water

Brown shredded bread in cooking fat. Combine with remaining ingredients and blend. Place 1/4-inch hot water in casserole. Place patties in and put dressing on patties. Sprinkle dressing with water. Cover and bake in hot oven (400 degrees F.) 30 to 40 minutes. Remove cover during last 10 minutes.

NON-SHRINK HAMBURGERS — Irene L. Wells

Serve 6.

1 lb. ground beef
1 1/2 tsp. salt
1/4 tsp. pepper
1/4 c. catsup
2 tsp. prepared mustard
3 Tbsp. onion, chopped
1/3 c. milk
3/4 c. Quick oatmeal (raw)
1/2 tsp. Worcestershire sauce

Serve 50.

8 lbs. ground beef
3 Tbsp. salt
2 tsp. pepper
2 c. catsup
1 1/2 Tbsp. prepared mustard
1 1/2 c. onion, chopped
4 tsp. Worcestershire sauce
2 2/3 c. milk
6 c. Quick oatmeal (raw)

Combine ingredients and shape into patties. Place in refrigerator for at least 1/2 hour. Brown well on both sides in fat. Avoid too much heat or flavor of gravy is spoiled. Remove patties to oven and keep hot until ready to serve.

BEEFBURGERS — Mrs. L. W. Forman
100 servings.

13 lb. ground beef
1/2 c. fat

Fry together stirring until cooked through. Simmer in barbecue sauce, made of following ingredients, and serve on hamburger buns.

1/2 c. lemon juice
1 c. vinegar
1/4 c. chopped onion
2 qt. chopped celery

BEEFBURGERS (Continued)

2 c. water
2 1/2 qt. catsup
1 c. brown sugar
1/4 c. dry mustard
3 Tbsp. salt
3 c. flour, (more or less, as needed to thicken somewhat)

FILLED PANCAKES (Latvian) Mrs. Artur Zvirbuilis

Pancakes.

3 c. milk
1 1/3 c. flour
2 eggs
1 tsp. salt

Mix yolks of eggs with milk and salt. Add flour a little at a time. Let stand a few minutes. Add beaten egg whites. Bake large thin pancakes, to fill whole bottom of skillet. Fill with meat filling and fold 4 sides into center for serving.

Filling.

May be made from any kind of cooked meat, chopped.

1 2/3 c. meat (400 grams)
1/3 c. shortening
1 Tbsp. sour cream
Salt, onion, "greens" to season

May add 1/4 c. soup stock

Mix ingredients and fry lightly. Fill center of pancakes, fold envelope fashion, and reheat for serving.

HOLLYWOOD CASSEROLE Mrs. Clifford Smith

4 large onions, sliced
1/2 pkg. fine egg noodles boiled 10 min. in salted water
2 1/2 strips bacon, cut in narrow strips
4 Tbsp. catsup
1 can tomato soup
1 small can sliced mushrooms
1 c. green peas
1 tsp. salt
3/4 lb. hamburger

Brown bacon strips. Remove and brown onions and hamburger in bacon fat. Mix with rest of ingredients. Salt to taste. Pour into buttered casserole. Cover with buttered crumbs and grated cheese. Bake in slow oven for 3/4 hour. Serves 8.

SPAM CASSEROLE — Florence Marston

6 slices of bread
Butter
1 can Spam or similar canned meat
1/4 lb. cheese
4 or 5 eggs
2 c. milk

Cut off the crusts from the bread, and butter the slices. Put the Spam and then the cheese through the meat chopper. In the bottom of a greased baking dish, place 3 slices of the bread, butter side up. Spread the meat over the bread, and then half of the cheese. Cover with the other 3 slices of bread, butter side down. Sprinkle the rest of the cheese on top. Beat the eggs, add milk; pour over the contents of the baking dish. Pimento may be added if desired. Bake 1 hour at 325 degrees.

ITALIAN SPAGHETTI — Mrs. George B. Hartman

1/4 c. butter
1 onion
1 green pepper
1 lb. ground meat
1 pkg. spaghetti
Salt and pepper
1 can whole grain corn
1 can tomato soup
1 small can mushrooms
1 Tbsp. Worcestershire sauce
Cheese for top

Cook onion and pepper (chopped) in butter. Add ground meat, salt and pepper. Cook until meat is brown. Add tomato soup, corn, mushrooms (liquid from each can), Worcestershire sauce and cooked spaghetti. Heat all together thoroughly, put into casserole. Cover top with grated cheese, and heat in oven. May be made the day before and heated when ready to use. Serves 12.

CHILI CON CARNE — Mrs. Irene L. Wells

Serves 25 (1 c. each)

1 1/2 lb. onions, sliced
3 lbs. ground beef
1/2 c. fat
1 qt. celery, chopped
2 1/4 lbs. dry kidney beans (cooked 2 1/2 qts.)
1 No. 10 can tomatoes
1 c. green peppers, chopped
1 Tbsp. salt
1/9 tsp. white pepper
2 1/3 Tbsp. chile powder
Few drops Tabasco sauce

Brown onions and meat in fat. Add remaining ingredients. Cook 20 to 25 minutes. If necessary to obtain desired consistency, a small amount of flour may be mixed with water and added.

DANISH FILLED CABBAGE — Mrs. C. Lykkegaard

Cut a good slice off a medium size cabbage (from the top). Hollow the cabbage and mix in a bowl:

1 lb. ground beef
1 egg
Salt
1/3 c. flour
1/3 c. water

Fill cabbage. Put the slice back on like a lid, tie with a good string, and let boil gently 1 1/2-2 hours in salted water. The cut out cabbage can be cooked with the head. I usually take whole carrots and put in with the cabbage also. Make gravy of liquid in which the cabbage has boiled. Serve with mashed potatoes. When served, cut in wedges. Will nicely serve 5-6.

CHEESE CUSTARD — Emily Mellor
(A hot baked dish liked especially by children and old people.)

Place number of slices of dry bread in flat pan as you desire servings. Cover slices with slices of cheese. Cover with another slice of bread. Pour over sandwiches an egg and milk mixture in proportion of 2 c. milk to 2 eggs. Be sure you have enough liquid to cover sandwiches. Add salt and pepper as you desire. Cook in 350 degrees F. oven for about 30 minutes or until liquid becomes like baked custard. Serve with a dash of paprika on top.

GLAZED HAM LOAF — Mrs. Robert Barber

1 1/2 lb. ground smoked ham
1 lb. ground pork shoulder
1 c. dry bread crumbs
2 beaten eggs
1/2 c. tomatoes
1/4 c. milk
1/8 tsp. pepper

Combine meat, crumbs, eggs, tomatoes, milk and pepper. Mix thoroughly. Form in loaf in large loaf pan. Pour sauce over loaf and baste frequently. Bake in 350 degree F. oven 1 1/2 - 2 hours.

Sauce.

Combine 1 c. brown sugar, 1/3 c. vinegar, 2/3 c. water and 2 tsp. dry mustard. Bring sauce to boil; pour over loaf and bake.

FRANKFURTER CASSEROLE — Mrs. Wendell McCain

2 medium size potatoes, diced
3 or 4 frankfurters
1 medium onion, diced
tomato juice
Salt and pepper

Boil diced potatoes in salted water for 10 minutes, then drain and add the frankfurters which have been sliced crosswise, and the onion. Add enough tomato juice to barely reach top of mixture. Season to taste. Bake at 350 degrees F. for 30 to 45 minutes and serve with a green salad.

BARBECUED WIENERS — Mrs. M. Bridger

1 lb. wieners
1 c. water
1 Tbsp. flour
2 Tbsp. white sugar
2 Tbsp. brown sugar
1 onion, minced
1 grated carrot
1 tsp. cumin powder
1 tsp. salt
2 tsp. chili powder
1 tsp. Worcestershire sauce
1/3 c. vinegar
2 cloves garlic, cut fine
1/2 c. celery, cut fine

Wash wieners and arrange in casserole. Mix dry ingredients, add liquids. Chop vegetables and pour over wieners. Cover and bake 1 1/2 hours, 350 degrees F. Serves 6.

BARBECUED SHORT RIBS — Mrs. J. A. Harmon

1. Cut 3 lbs. short ribs into sections 2 to 3-inches long.
2. Brown in 2 Tbsp. hot fat.
3. Add 1 medium-size minced onion and brown.
4. Add to this mixture:

1/4 c. vinegar
2 Tbsp. brown sugar
1 c. catsup
1/2 c. water
3 Tbsp. Worcestershire sauce
1 tsp. prepared mustard
1/2 c. diced celery
2 tsp. salt

5. Cover and cook slowly or bake in moderate oven (350 degrees F.), 1 1/2 to 2 hours or until tender. Serves 4.

BARBECUED RIBS — Mrs. C. S. Jackson

3-4 ribs, cut in pieces
1 tsp. chili powder

BARBECUED RIBS (Continued)

1 lemon
1 large onion
1 c. catsup
1/3 c. Worcestershire sauce
1 tsp. salt
2 dashes Tabasco Sauce
2 c. water

Place ribs in shallow roasting pan, meaty side up. On each piece place a slice of unpeeled lemon, a thin slice of onion. Roast in moderate oven 350 degrees, 30 minutes. Combine remaining ingredients; bring to a boil and pour over ribs. Continue baking in moderate oven 350 degrees for 45 minutes to 1 hour. Baste ribs with sauce every 15 minutes. Add water if needed. Serves 4.

BAR-BE-CUE MEAT AND SAUCE Mrs. C. S. Jackson

Cook together:

2 1/2 lb. rump
2 tsp. prepared mustard
1/2 c. vinegar
2 tsp. brown sugar
1/2 tsp. celery seed
1/2 c. weak vinegar (from pickles)
1 bay leaf
Pinch cayenne pepper

The above ingredients should be cooked together until meat falls apart. Then add:

1 Tbsp. butter (melted)
2 tsp. flour
1/2 c. catsup

Blended together. Cook about 20 minutes. Spread while hot on buns. This is especially good for out door meals.

CHEESE FONDUE Mrs. Mason W. Reger

4 slices buttered bread
4 beaten eggs
2 c. milk
1 tsp. mustard, (dry)
1 tsp. salt
1/2 lb. grated American cheese

Alternate bread and cheese in pan. Pour egg-milk mixture to within 3/4-inch of top of pan. Let stand over night. Take out of refrigerator and let come to room temperature if baking in glass. Bake 325 degrees F. to 350 degrees F., for 1 hour. Serve with canned chicken or mushroom soup. Serves 8 with 1 portion. This dish is a time saver as it can

be prepared the day before needed, and baked just before serving.

NOODLE CHEESE LOAF — Mrs. Irma Scholl

1. Turn on oven--350 degrees F.
2. Grease, then dust with flour a loaf pan holding about 1 1/2 qts.
3. Cook slowly 5 minutes, 3 Tbsp. finely cut onion in 3 Tbsp. shortening.
4. Add to mixture of 2 slightly beaten eggs:

1 c. evaporated milk
1/4 c. water
3/4 tsp. dry mustard
1 1/2 tsp. salt
1/8 tsp. pepper

5. Fold in 3 c. cooked noodles* and 3 3/4 c. grated American cheese.
6. Put in prepared pan. Bake until firm or about 1 hour.

* 2 c. noodles in 8 c. boiling water and 2 tsp. salt

CHEESE AND BACON SANDWICHES — Mrs. C. S. Jackson

1/2 lb. cream cheese, (Krafts)
2 drops Tabasco sauce, or 1 tsp. Worcestershire sauce
2 eggs, (whole)
bacon and bread

Grate cheese. Add Tabasco sauce or Worcestershire sauce. Add beaten eggs gradually till it forms a smooth paste. Spread on bread. Place slices of bacon on top. Place under flame of broiler for 10 minutes or until bacon is golden brown. Serve at once.

These may be made hours before serving time and broiled just before. I use 1/2 the recipe for small family. I take a slice of bacon and cut it into 2 pieces for each slice of bread.

SHRIMP CREOLE — Mrs. Paulus Lauge

Place 2 lbs. raw shrimp in pan with cold water to cover. Add salt and bring to boil. Boil only about 2 minutes and allow to cool in own stock. When cool, drain, peel and remove dark veins.

Bring tomato sauce to boil, add about 1/4 lb. sliced mushrooms and a few thinly sliced, stuffed green olives.

SHRIMP CREOLE (Continued)

When mushrooms are cooked (about 5 minutes) add shrimp and simmer for about 15 minutes. Taste for seasoning. Remove from heat and stir in a lump of butter and about 2 Tbsp. chopped parsley and about 1/4 c. sherry. Serve with rice. Will serve 4-6.

Rice.

Add rice to quantity of boiling salted water. Cook for 12-20 minutes depending on rice used. Drain as soon as rice is done. Doneness of rice may be determined by pressing a grain between fingers or with teeth. Rice is done when center of grain is soft. Do not over cook or rice will be mushy. When drained, turn into buttered baking pan and place in 250 degree oven to dry for about 1/2 hour. Turn with spatula once or twice so that rice may dry evenly. Long grain rice is best if available.

Tomato Sauce.

3 Tbsp. butter

1 small carrot and 1 small onion, chopped and cook until soft but not brown

Blend in 1/4 c. flour and cook until it commences to turn yellow. Add slowly and stir until smooth and well blended with flour:

1 1/2 c. stock (canned consomme is good)
2-2 1/2 c. chopped or canned tomatoes
2 cloves garlic, crushed
1 pinch thyme
1 tsp. sugar
a little pepper or Tabasco sauce
a bouquet garni, consisting of few sprigs parsley, 2 stalks celery, a small bay leaf

Bring to boil and stir constantly until sauce thickens. Reduce heat and cook slowly for 1-1 1/2 hours, skimming and stirring occasionally until sauce is reduced to about 2c.

Discard bouquet garni and strain sauce through fine sieve, rubbing pulp through. Bring again to boil and cook few minutes, stirring constantly.

TUNA FONDUE — Mrs. Clara N. Westervelt

5 slices bread

3 eggs

TUNA FONDUE (Continued)

1 seven-oz. can tuna
1/2 c. (1/4 lb.) grated Cheddar cheese
2 c. milk
1 tsp. salt

Trim crusts off bread and cube. Cover bottom of greased 1 1/2 qt. casserole with a layer of bread cubes. Put flaked tuna on top of bread layer. Sprinkle with cheese. Add the remaining bread cubes. Beat eggs, add milk and salt. Pour over the tuna mixture. Bake in 325 degree F. oven for 1 hour or until done. Serve with mushroom sauce if desired. Serves 6.

CALIFORNIA CHICKEN (Tuna Fish) — Mrs. Clifford Smith

1 1/2 c. carrots, cubed
1 1/2 c. potatoes, cubed
1/2 c. onions, chopped
1 small can tuna fish
1 c. peas
2 c. milk
1 tsp. salt
2 Tbsp. butter
4 Tbsp. flour

Boil carrots and onions together. After 15 minutes add potatoes and boil until tender. Make a white sauce by adding flour to melted butter, then milk and cook in double boiler for 15 min. Add peas to other vegetables. Break fish in small pieces and add to white sauce. Butter baking dish, put in layer of vegetables, layer of white sauce and tuna fish until all are used. Cover with buttered crumbs and put into oven until crumbs are browned and sauce bubbles up around edges.

CHICKEN PIE — Mrs. Glover ~~A Friend~~

1 medium size chicken (cook and drain)

Gravy made of:

3 Tbsp. chicken fat
3 Tbsp. flour

Measure chicken broth and add enough milk to make 6 c. Combine the above and cook until thick.

Topping.

2 c. flour
2 Tbsp. shortening - chicken fat
2 tsp. baking powder

CHICKEN PIE (Continued)

1/2 tsp. salt

Mix the above ingredients then add 1 egg, well beaten, with 1 3/4 c. milk. This should be like pancake batter. Put chicken mixture in baking pan, cover with topping. Bake 1 hour in 375 degree F. heat. Serves 12.

CHICKEN AND BISCUITS — Mrs. D. R. Dunlop

3 c. cubed cooked chicken

4 c. cooked macaroni or noodles

To 2 c. seasoned medium white sauce add 1 can cream of chicken soup, 1/2 c. celery, 1 c. frozen peas, 1/4 c. chopped green pepper. Combine. Put into casserole and cover with baking powder biscuits. Bake at 400 degrees F. until biscuits are done.

CHICKEN CASSEROLE — Mrs. Wrey Hammond

1 stewed chicken, cut in cubes. Cook chicken with a little onion, celery and 1 Tbsp. salt. Cook 1 12-oz. pkg. noodles. Make white sauce of 2 Tbsp. fat, 3 Tbsp. flour, 1 c. milk and 1 c. broth. Mix all together and put into casserole, then add 1 can mushrooms and a little pimento. Cover top with buttered crumbs. Bake at 350 degrees F. until thickened. Serves 10 to 12.

CHICKEN LOAF — Mrs. Marion B. Richardson

Cook a 4 lb. chicken and remove meat from bones. Mix 1 qt. liquid, 1/4 qt. milk, 4 eggs, beaten slightly and 1 loaf of bread, (toasted). Run skin of chicken through grinder and add with chicken to above. Add 1 Tbsp. celery salt and salt and pepper to taste. Bake in loaf pan 1 1/2 hrs., at 325 degrees F. Slice to serve. Serves 15 or 16. Substitute 1 1/2 lbs. of pork and 1 1/2 lbs. baby beef or veal for chicken to make Mock Chicken Loaf.

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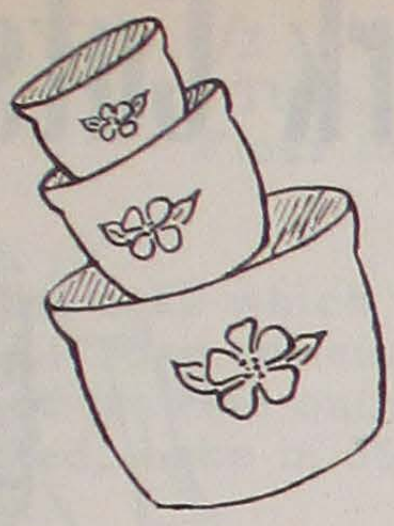

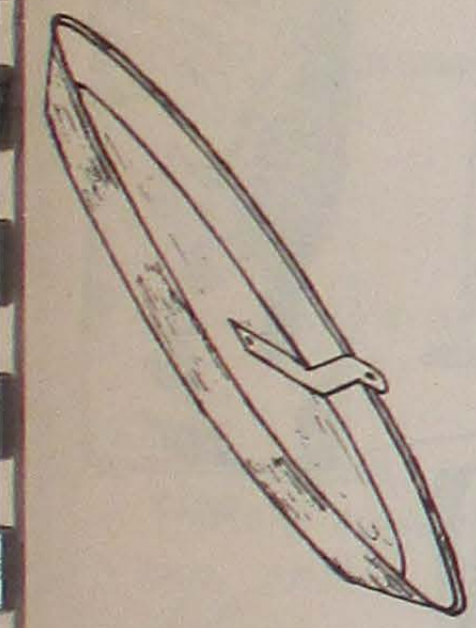

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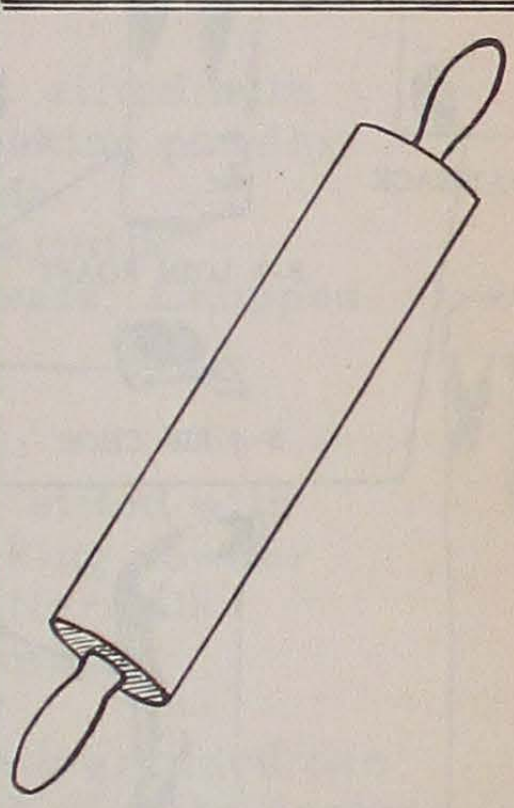

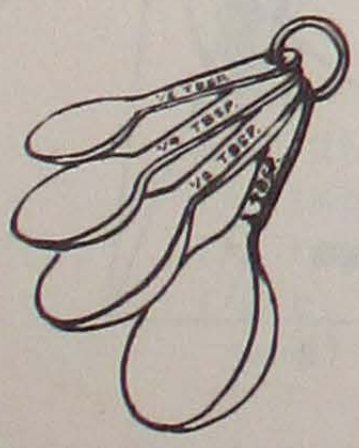

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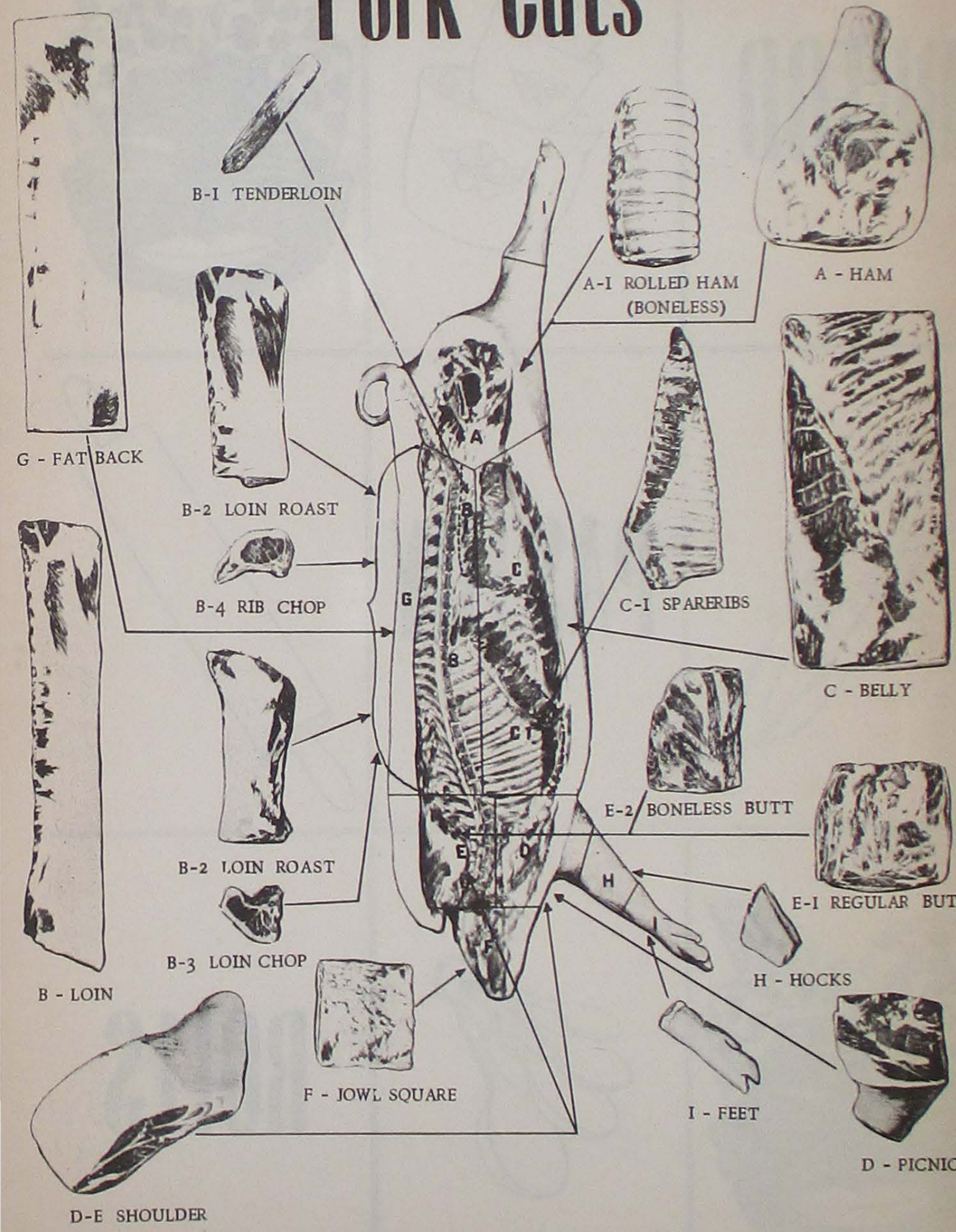

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OATMEAL BREAD

Mrs. W. E. Miller

3 c. oatmeal, over this pour
5 c. boiling water
1/2 c. molasses
1/2 c. sugar
1/2 c. of shortening
1 Tbsp. salt
Flour to make stiff dough

When cool add 1 yeast cake which has been dissolved in a little warm water and 1 Tbsp. of sugar. Add enough flour to make a stiff dough and let rise once and form into 3 or 4 loaves. When well raised, bake in 350 degree F. oven for 1 hour.

BANANA BREAD

Miss Emily Mellor

50 servings

1 1/2 c. eggs
4 1/2 lbs. banana, (mashed)
1 qt. sugar
2 c. fat
1 Tbsp. salt
2 qt. flour, sifted with
1 Tbsp. baking powder
1 Tbsp. soda
1/2 c. buttermilk
2 c. nut meats, Chopped

5 servings or 1 loaf.

1 egg
3/4 c. banana
1 c. brown sugar
1/3 tsp. salt
1/3 c fat
2 c. flour, sifted with
1/2 tsp. baking powder
2 Tbsp. buttermilk
1/2 c. nut meats
1 tsp soda

Mix as for any butter cake. Pour into greased pan either loaf or flat, depending on the width of slice desired. Let stand in pan for 15 minutes before putting in a 350 degree oven. Bake slowly for 1 hour. Slices better when cold.

BANANA BREAD

Mrs. J. N. Martin

3 bananas (mashed)
1 c. sugar
2 Tbsp. butter
1 egg, (beaten)
2 Tbsp. sour milk
1 tsp. soda
2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 c. English walnuts, (chopped)

Combine mashed bananas, sugar, butter, egg and milk. Beat until smooth. Sift dry ingredients together and combine

BANANA BREAD (Continued)

with moist ingredients. Stir in nuts. Bake in 350 degree F. oven for 1 hour. Yields 1 medium size loaf.

ORANGE BREAD

Jewel Graham
Iowa State College

1/2 c. sugar
1/3 c. syrup from rinds
2 Tbsp. fat
1 egg
1/3 c. orange juice
2 c. flour
2 tsp. baking powder
1/2 tsp. salt
cooked orange rind

Cut the rind of 2 small or 1 large orange in fine strips and cover with water and 1/4 tsp. salt. Simmer. Drain. Cover with water again. Add1/2 c. sugar and cook gently until tender and syrup is reduced to 1/3 c. Cool. Combine sugar, fat, egg, syrup and orange juice. Sift together flour, baking powder and salt. Add the cooked orange rind to the dry ingredients, rubbing it between the fingers to coat the rind with flour mixture. Combine liquid and dry ingredients until barely blended, about 40 stirs. Bake in a greased loaf pan at 350 degrees F. for about 1 hour. May slice and serve warm or cold.

ORANGE NUT BREAD

Miss Esther Rawson
Iowa State College

1 orange
raisins or dates
boiling water
1 tsp. soda
2 Tbsp. butter
1 c. sugar
1 tsp. vanilla
1 beaten egg
2 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. chopped nutmeats, if desired

Squeeze the juice from the orange. Put the orange rind through a food chopper and add enough raisins, (or dates) to equal 1 cupful. Grind the mixture again. Place in a mixing bowl. Put the orange juice in a measuring cup and add enough boiling water to make 1 cupful. Add to the orange rind mixture.

Stir in the soda, then the sugar, butter and vanilla.

Add the beaten egg, then the flour which has been sifted with the baking powder and salt. Beat thoroughly and stir in the nutmeats. Place in a greased loaf pan and bake in a moderate oven (350 degrees F.) for about 50 minutes. Cool in pan before slicing.

NUT BREAD

Mrs. Lee Butler

1 c. brown sugar
1 Tbsp. butter
1 egg
1 c. sour cream
2 c. flour (scant)
1 tsp. salt
1 tsp. soda
3/4 c. nuts

Cream together the sugar, butter and egg. Add the cream and beat well. Sift dry ingredients together and add to creamed mixture. Add nuts and stir just until blended. Bake in a loaf pan in a 350 degree F. oven for 1 hour.

Add 1 1/3 Tbsp. vinegar to 1 c. sweet cream to sour it.

NUT BREAD

Mrs. H. D. Johnson

To 1 c. dates, chopped or 1/2 c. raisins run through food chopper, add 1 c. hot water and 1 tsp. soda. Put aside to cool while the following is being prepared.

1 c. sugar
2 Tbsp. butter
1 egg
1 tsp. vanilla
2 c. flour
1/2 tsp. baking powder
1/8 tsp. salt
1/2 c. chopped nuts

Cream together sugar, butter and egg and vanilla. Add cooled fruit mixture. Mix thoroughly. Sift together dry ingredients and add to moist ingredients. Add nuts and stir only enough to blend. Bake in a loaf pan at 350 degrees F. for 50 to 60 minutes.

BANANA NUT BREAD

Mrs. Alva A. Taylor

2 c. pastry flour
1 tsp. baking powder
1 tsp. salt
1 tsp. soda
3 bananas
1 Tbsp. water
1 c. sugar
1/2 c. lard
2 eggs
1/2 c. nut meats

Sift together flour, baking powder, salt and soda. Press bananas through sieve. Add sugar and water to bananas, and let stand 15 minutes. Cream lard and add to bananas. Beat. Add dry ingredients, eggs beaten and nut meats. Beat only until well blended, pour into greased bread pan, let stand 1/2 hour and bake 50 to 60 min. at 350 degrees.

APPLE SAUCE NUT BREAD

Mrs. Les Rutter

2 c. sifted flour
1 tsp. cinnamon

APPLESAUCE NUT BREAD (Continued)

3/4 c. sugar
3 tsp. baking powder
1 tsp. salt
1/2 tsp. soda
1/8 tsp. nutmeg
1 egg (beaten)
1 c. medium thick apple sauce plus
2 Tbsp. melted shortening
1 c. chopped nuts

Sift flour, sugar, baking powder, salt, soda and spices into mixing bowl. Add chopped nuts.

Beat egg well. Beat with apple sauce and shortening till mixed. Stir moist mixture into flour mixture, stirring only until ingredients are mixed. Pour into well greased standard sized bread pan. Let stand until oven reaches correct temperature. Bake in a moderate oven 350 degrees F. for 50 minutes. Remove from oven and set pan on its sides on a cake rack for 5 minutes, then slip bread out. Be sure it is cool before slicing.

APRICOT BREAD Mrs. Marion B. Richardson

1 c. dried apricots, soaked in hot water 30 minutes, then cooked until soft. Then drain and cut in pieces.

1 c. sugar
2 Tbsp. shortening
1 egg
1/4 c. water
1/2 c. orange juice
2 c. flour
2 tsp. baking powder
1/4 tsp. soda
1 tsp. salt
1/2 c. nut meats

Mix together sugar, shortening, egg, water and orange juice. Sift together dry ingredients and add to creamed mixture. Stir only enough to blend. Add nuts and apricots.

Put in loaf pan and bake in moderate oven (350) for 1 hour.

BOSTON BROWN BREAD Mrs. Marion B. Richardson

1 c. corn meal
1 c. whole wheat flour
1 1/2 tsp. salt
2 tsp. soda
1 c. white flour

Sift together: Then add 2/3 c. molasses, 2 c. sour milk. Put in cans and steam 3 to 3 1/2 hours.

SCOTCH SHORTBREAD

Mrs. George Palmer

1 c. butter
1/2 c. sugar
1/4 tsp. salt
2 c. flour
1/4 tsp. baking powder

Cream butter. Add sugar gradually. Add flour sifted with baking powder and salt, (knead all with hands). Pat out 1/2-inch thick in cake tins. Cut into pie shaped pieces. Prick with fork. Bake at 325 degrees for 20-25 minutes. (until delicately browned).

PENNSYLVANIA DUTCH SOFT GINGERBREAD

Mrs. Marion B. Richardson

1 c. sugar
1/2 c. shortening
2 eggs, well-beaten
1 c. molasses
1 c. sour milk or buttermilk
2 tsp. ginger
2 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
1 tsp. soda, dissolved in 1/4 c. boiling water

Cream the shortening and sugar, add the eggs and molasses, and mix well. Sift the flour and spices, and add alternately with the milk to the first mixture. Stir in the dissolved soda. Pour into well-greased cake pan and bake in a moderate oven (350 degrees) 30 minutes.

COFFEE CAKE

Mrs. Gordon Taylor

1 c. shortening or butter
1 1/2 c. sugar
3 eggs
3 c. flour
3 tsp. baking powder
1 tsp. salt
~~1/3~~ c. milk
3/4 c. raisins
1/2 c. candied cherries
1/4 c. candied orange peel
1 Tbsp. lemon juice

Cream shortening and sugar. Add eggs and beat together. Add sifted dry ingredients and milk. Fold in raisins, cherries, orange peel and lemon juice. Bake in greased 9-inch tube cake pan or two 8x8x2-inch pans. Sprinkle with 1/2 c. chopped nut meats. Bake at 350 degrees F. for 1 hour. Turn out on cake cooler and sprinkle with confectioners' sugar.

COFFEE CAKE — Mrs. Dudley Chittendon

1/2 c. sugar
2 1/2 c. flour
3 tsp. baking powder
1 c. milk
1 egg
1 tsp. salt

Put all the ingredients in a mixing bowl and mix thoroughly. Pour into greased loaf pan. Mix a topping of 1/2 c. sugar, 1/2 c. flour, 1 Tbsp. melted butter and 1 Tbsp. cinnamon. Bake in a moderate oven (350 degrees F.) for about 40 minutes. 1/2 c. raisins may be added.

BURNT SUGAR COFFEE CAKE — Mrs. Ethel B. Woodard

3/4 c. sugar
1/4 c. butter
*1/2 c. burnt sugar syrup
1 c. sour cream
2 eggs
1 tsp. soda, sifted with 2 c. flour
1 c. dates
3/4 c. nuts
1 tsp. vanilla

Cream together sugar, butter, eggs and sour cream. Add burnt sugar syrup and vanilla. Add flour and mix until smooth. Stir in dates and nuts. Pour batter into an 8x8-inch pan.

Sprinkle on top of batter a mixture of 1/2 c. sugar, 1 Tbsp. cinnamon. Bake at 350 degrees F. 30 to 40 min. Cut in squares.

* To make burnt sugar.

Place 1/2 c. granulated sugar in skillet. Place skillet over low heat and stir until sugar is melted. Then gradually allow it to burn to a rich brown. Add to the syrup 1/2 c. boiling water and allow to simmer slowly until all particles are dissolved.

YEAST COFFEE CAKE — Mrs. Burt Perry

1 c. milk, scalded
1 cake compressed yeast
3 c. bread flour
4 to 6 Tbsp. sugar
4 Tbsp. lard
1/2 tsp. salt
1 Tbsp. orange or lemon rind grated
1 egg
1/2 c. raisins

Make a sponge of yeast, milk (cooled) and half of flour. Let rise until light and then add the creamed sugar, lard, grated rind, salt, egg and raisins. Slowly add flour to make a moderately stiff dough, stirring with spoon. Let rise until double in bulk, then mold and place on a cookie

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YEAST COFFEE CAKE (Continued)

sheet. When light, brush with beaten egg and sprinkle with chopped blanched almonds, or cinnamon and sugar. Bake about 30 minutes in a hot oven 425 degrees F.

QUICK COFFEE CAKE — Mrs. Charles Peyton

Sift together:

1 c. flour
1/2 c. sugar
3 tsp. baking powder
1/8 tsp. salt

Mix into soft dough with:

4 Tbsp. melted butter
1/2 c. milk
1 beaten egg

Put in shallow pan. Sprinkle with sugar and cinnamon. Bake at 400 for 15 minutes.

FILLED COFFEE CAKE — Mrs. Lee Butler

1 1/2 c. flour
3 tsp. baking powder
1/2 tsp. salt
3/4 c. sugar
1/4 c. shortening
1 egg
1 c. milk
1 tsp. vanilla

Sift dry ingredients. Cut in shortening. Blend in egg, mixed with milk and beat just enough to mix well. Pour half of mixture in a greased pan 8x8. Sprinkle with filling. Then pour on rest of mixture.

Filling.

1/2 c. brown sugar
2 tsp. cinnamon
2 Tbsp. flour
2 Tbsp. butter
1/2 c. nuts

Bake in moderate oven 375 degrees, 25 minutes.

CREAM PUFFS — Mrs. Joseph Bell
(24)

1/2 c. shortening
1/2 tsp. salt
4 eggs
1 c. water
1 c. flour

Put water, salt and shortening in pan and bring to a boil.

CREAM PUFFS (Continued)

Add flour all at once. Continue stirring all the time cooking until the mixture forms a ball and follows the spoon. Turn fire down when you add flour. Cool mixture slightly and add 1 egg at a time and beating well after each egg is added. Drop by spoonfuls on greased baking sheet. Bake 15 minutes, 450 degree F. oven, then bake 20 minutes in a 350 degree F. oven. Cool and cut out top and fill centers with cream filling.

JELLY ROLL

Miss Jewel Graham
Iowa State College

3/4 c. flour
3/4 tsp. baking powder
1/4 tsp. salt
2 Tbsp. warm water
4 eggs, separated
3/4 c. sugar
1/2 tsp. vanilla
1/2 to 3/4 c. tart jelly

Sift together flour, baking powder and salt. Add water to egg yolks. Beat until very light with a rotary beater or electric mixer. Add 1/2 of sugar gradually and continue to beat until thick. Add vanilla and sift in flour mixture gradually, folding in with a wire whip.

Beat egg whites with a rotary beater until almost stiff; add remaining sugar gradually and beat until mixture stands in shiny peaks. Fold whites lightly but thoroughly into this batter with a wire whip.

Spread batter on a shallow jelly roll pan, about 15x10x 5/8-inches, lined with greased plain paper. Bake in hot oven (400 degreesF) for 7 to 8 minutes or until cake springs back when touched with the finger. Do not over bake. Loosen edges and turn out onto a towel or sheet of waxed paper sprinkled with powdered sugar. Quickly remove paper from bottom of cake. Cut away crusty edges. Starting with the short side, roll up in the towel or waxed paper and let cool on cake rack.

Unroll and spread with jelly. Reroll and wrap again. Cut in slices to serve. This makes 8 servings.

Variations: Whipped cream, vanilla cream or lemon cream fillings may be used instead of jelly for the fillings.

CLOVER LEAF ROLLS

Mrs. G. W. Pingry

You don't have to knead these rich, tender cloverleaf rolls. You can store the dough in your refrigerator if you like, then bake fresh rolls as needed. Makes 30 large rolls.

CLOVER LEAF ROLLS (Continued)

Combine:

1 c. scalded milk
1/3 c. sugar
1/2 c. shortening

Cool to lukewarm by adding:

1 c. water
2/3 c. mashed potato

Add:

1 egg, unbeaten
1 cake compressed yeast, crumbled, (or 1 pkg. dry granular yeast, dissolved as directed on pkg.)

Mix well. Blend in 3 c. sifted flour. Let stand 20 minutes. Sift together:

2 1/2 c. sifted flour
1 tsp. double-acting baking powder
1/2 tsp. soda
2 tsp. salt

Add to soft dough. Place in lightly greased bowl; cover. Let rise in warm place (85-90 degrees F.) about 1 hour. Shape dough into 30 cloverleaf rolls. Place in greased muffin cups. Let rise in warm place until light, about 1 hour. Bake in moderately hot oven 425 degrees F. 10 min. The water used to dissolve the dry yeast should be subtracted from water in the recipe.

PECAN CARAMEL ROLLS — Mrs. A. A. Magill

1 c. boiling potato water
1/2 c. sugar
1/2 c. butter
1/2 tsp. salt
4 c. flour
1 Tbsp. warm water
1/2 Tbsp. sugar
1 yeast cake
2 beaten eggs

Mix potato water, sugar, butter and salt together and cool to lukewarm. Soften yeast in warm water and sugar and add to first mixture. Add beaten eggs and then stir in 2 c. of flour and beat thoroughly. Add the remaining 2 c. of flour. Stir in, but do not knead.

Roll out on floured board to 1/2-inch thick. Spread with butter. Sprinkle with sugar and cinnamon and 1/2 c. chopped nuts. Roll and cut into slices 3/4-inch thick. Have pan

PECAN CARAMEL ROLLS (Continued)

fixed with 2 Tbsp. butter, 1/2 c. brown sugar, 1 Tbsp. cold water. Blend and slightly cook. Drop in about 3 doz. pecan meats. Put roll in pan, let rise until double. Bake in oven 400 degrees 15 to 20 minutes. Remove from pan immediately and cool on rack.

QUICK SUPPER ROLLS — Mrs. Grady Taylor

1 1/2 c. milk, scalded
3/4 c. shortening
1/2 c. sugar
2 tsp. salt
2 yeast cakes
1 c. mashed potatoes
about 4 1/2 c. flour

Pour milk into mixing bowl, with shortening, salt, sugar and potatoes. Stir until lukewarm.* Roll out about 1/4-inch, spread with melted butter. Cut into rounds, fold in halves. Place in pan and let rise 1 to 1 1/2 hours in warm temperature. Bake 20 minutes at 350 degrees. Makes 3 dozen. *add crumbled yeast - stir until dissolved. work in flour gradually and knead.

REFRIGERATOR ROLLS — Mrs. Burt Perry

2 cakes of yeast
1/4 c. lukewarm water
1 c. milk
1 1/2 tsp. salt
4 Tbsp. sugar
3 eggs
about 5 c. flour

1. Soften yeast in the lukewarm water.
2. Scald milk with sugar, salt and shortening. Cool to lukewarm.
3. Add about 2 c. of flour and beat hard for 2 minutes.
4. Add yeast and beaten eggs. Mix well.
5. Add flour to make a soft dough.
6. Turn out on lightly floured board and knead until smooth.
7. Place in lightly greased bowl. Cover and let rise until double in bulk.
8. Punch down, form into smooth ball. Place in bowl, cover tightly. Store in refrigerator and use when needed.

CANFIELD CHEESE BISCUITS — Verva Nielson

Cream together:

1 c. grated cheese
1/2 c. butter

CANFIELD CHEESE BISCUITS (Continued)

Sift together:

1 1/8 c. sifted flour
1/4 tsp. cayenne
1 tsp. salt

Add flour to creamed mixture; blend. Form into balls the size of a walnut; press flat with a fork on a baking sheet. Chill several hours. Bake at 450 degrees F. for 15 minutes. Serve hot with a salad. Yield: 50 biscuits.

MUFFINS — Mrs. Sabin Nichols

2 c. sifted all purpose flour
1/4 c. sugar
4 tsp. double action baking powder
1/2 tsp. salt
1 egg
1 c. milk
1/4 c. shortening, melted and cooled

Sift dry ingredients together into large bowl. In smaller bowl beat egg until foamy. Blend milk into egg. Make a well in dry ingredients and pour milk-egg mixture into it. Stir 2 or 3 times and add melted fat. Complete the mixing, stirring just enough to dampen ingredients. Batter will not be smooth. Over-mixing develops tunnels, and muffins will not be as tender. Drop by tablespoonfuls or small measuring cup into greased muffin cups, filling each 2/3 full. Bake 20 to 25 minutes in a 400 degree F. oven. Yield 12 muffins.

CRANBERRY MUFFINS — Mabel A. Anderson, Food Manager, Memorial Union

1 c. cranberries
1/2 c. sugar
2 c. flour
4 tsp. baking powder
1 tsp. salt
1 egg
1 c. milk
3 Tbsp. fat, melted

Chop cranberries, or cut in halves and sprinkle with half the sugar. Sift dry ingredients, including the remainder of the sugar. Add milk, beaten egg and melted fat to the flour mixture just enough to dampen. Fold in the berries. Fill muffin tins 2/3 full. Bake at 400 degrees F.

QUICK ORANGE MUFFINS — Mabel A. Anderson

2 c. flour
1 egg

QUICK ORANGE MUFFINS (Continued)

4 tsp. baking powder
1/2 tsp. salt
3 Tbsp. sugar
3 Tbsp. melted fat
1/2 c. orange juice
1/2 c. milk
1 Tbsp. grated orange rind
1/2 c. nut meats

Sift together dry ingredients, including sugar. Add beaten egg to milk. Make a hole in center of dry mixture and pour in orange juice, milk and melted fat. Mix altogether, being careful not to beat more than necessary to mix ingredients. Add nut meats and grated orange rind. Fill muffin tins 2/3 full. Bake in 400 degree F. oven.

SPICED APPLE MUFFINS — Mrs. Sabin Nichols

2 c. sifted all purpose flour
1/2 c. sugar
2 tsp. double acting baking powder
3/4 tsp. salt
1 egg, beaten
1 c. milk
1/4 c. butter or margarine, melted
1 c. chopped raw apples

Top Mixture:

2 Tbsp. sugar
1/2 tsp. cinnamon
Dash of mace
1/4 tsp. nutmeg
1/4 tsp. melted butter or margarine

Sift together dry ingredients. Combine egg, milk and melted butter or margarine; add to flour mixture with the apple and stirring only enough to mix lightly. Fill medium size greased muffin tins 2/3 full. Combine sugar, cinnamon, mace and nutmeg with melted butter or margarine, and sprinkle muffin tops. Bake in a moderate oven 375 degrees F., about 30 minutes. Yield: 1 dozen muffins.

GINGER MUFFINS — Mabel A. Anderson

1/2 c. sugar
3 Tbsp. butter
1 egg
1 3/4 c. flour
1/8 tsp. salt
1/8 tsp. ginger
1 tsp. cinnamon
1 tsp. soda
1/2 c. sour milk
1/2 c. molasses

Cream butter, sugar and egg together well. Mix milk and molasses. Sift dry ingredients together and add to creamed mixture alternately with milk and molasses. Fil

GINGER MUFFINS (Continued)

muffin tins 2/3 full. Bake at 400 degrees F.

GINGER BREAD MUFFINS — Mrs. Paulus Lauge

1 c. sorghum, (real sorghum)
1/2 c. white sugar
1 c. shortening (Crisco)
4 eggs
4 c. flour
1 c. sour milk
1/2 c. raisins
2 tsp. ginger
1/2 tsp. allspice
1 tsp. soda
1/4 tsp. salt
1/2 tsp. cinnamon

Cream sugar and fat. Add eggs, one at a time, and beat thoroughly after each addition. Add sorghum and beat mixture hard. Add milk with soda in it, alternately with flour and spices, sifted together. Add raisins. Store in refrigerator. Take out enough dough each time to make muffins. Bake at 350 degrees for 15 minutes.

SCOTCH OVEN SCONES — Mrs. George Palmer

2 c. flour
4 tsp. baking powder
2 Tbsp. sugar
1/2 tsp. salt
4 Tbsp. shortening (part butter)
2 eggs
1/3 c. milk or cream

Sift dry ingredients. Rub in shortening. Beat eggs, add milk and stir into flour. Toss on board, do not knead. Pat or roll 3/4-inch thick. Cut pie shape. Place on floured tins. Bake 15 min. in center of preheated oven. Temperature 450 degrees F. Time 15 minutes.

SCOTCH SCONES — Mrs. C. S. Jackson

2 c. sifted flour
3 tsp. baking powder
1 tsp. salt
2 Tbsp. sugar
4 Tbsp. shortening
2 eggs
1/2 c. milk
4 Tbsp. currants, optional

Sift flour, baking powder, salt and sugar into mixing bowl. Add shortening and mix until there are no lumps of fat. Set aside 1 egg white. Beat the whole egg and the 1 egg yolk with the milk until well mixed. Stir into dry ingredients. Stir only enough to hold ingredients together. Turn out into a circle, (half to 3/4 of an inch thick.) Place on lightly greased cookie sheet. Cut the circle into 10 or 12 pie shaped pieces. Whip the egg to a froth and spread over the top. Sprinkle with a generous amount of sugar. Bake in a

SCOTCH SCONES (Continued)

pre-heated, moderately hot oven, 425 degrees F. for 12 to 15 minutes or until done. Lift circle from cookie sheet on - to a warm plate, using a wide spatula or pancake turner. Serve with or without whipped butter.

FLUFFY PANCAKES — Mrs. Marjorie Fairly

1 egg
3/4 c. plus 2 Tbsp. milk
2 Tbsp. melted shortening
1 c. enriched flour
1/2 tsp. salt
2 Tbsp. baking powder
2 Tbsp. sugar

Combine egg, milk and shortening. Add sifted dry ingredients. Beat smooth. Bake on ungreased griddle, (pour batter from 1/4 c. measure) Makes 12 small cakes. * No error - 2 Tbsp. baking powder is correct. Recipe was tested to the fluffy perfection you'll rave about.

"NEVER FAIL DOUGHNUTS" — Mrs. Joseph Bell

2 c. sugar
3 Tbsp. melted shortening
2 c. milk
2 eggs
1/4 tsp. nutmeg
4 tsp. baking powder, and just enough flour to handle, roll out and cut.

Use vegetable shortening to fry in if possible. After frying dip in boiling water just a second, then drain. Makes a large batch.

FELIXTOWE TART — Mrs. George Palmer

4 oz. flour, (1 c.)
4 oz. cornstarch, (1 c.)
4 oz. butter, (1/2 c.)
1 Tbsp. baking powder
2 Tbsp. sugar
Yolk of 1 egg, and little milk, (very little)

Mix dry ingredients. Rub in butter, mix with egg and milk. Bake in a moderate oven until a golden brown (350 degrees) - time about 20 minutes. Make about 12 rounds. Fix around edge like pie and prick with fork. To be served cold with cooked apples and whipped cream. Other fruits such as crushed pineapple may be used too.

HOT WATER PIE CRUST — Mrs. Ronald V. Wells

1/2 c. lard
1 1/2 c. flour

HOT WATER PIE CRUST (Continued)

1/4 c. boiling water
1 tsp. salt
1/ 4 tsp. baking powder

Allow lard to reach room temperature; stir in boiling water. Add dry ingredients, sifted together. Form ball. Cover with wax paper and chill before rolling. Bake as usual - 12 minutes at 450 degrees F. for empty pie shell.

VANILLA CREAM PIE — Mrs. Orrin Zea

Mix in sauce pan:

2/3 c. sugar
1/2 tsp. salt
2 1/2 Tbsp. cornstarch
1 Tbsp. flour
3 c. milk, (stir in gradually)
3 egg yolks
1 Tbsp. butter
1 1/2 tsp. vanilla
3 egg whites
1/4 tsp. cream of tartar
6 Tbsp. sugar

Cook first 5 ingredients over moderate heat, stirring constantly, until mixture thickens and boils. Boil 1 minute, remove from heat. Stir at least 1 c. of the hot mixture slowly into 3 egg yolks, slightly beaten. Then blend into hot mixture in sauce pan. Boil 1 minute more, stirring constantly. Remove from heat. Blend in 1 Tbsp. butter and 1 1/2 tsp. vanilla. Cool slightly, stirring occasionally. Pour into baked pie shell. Top with meringue, sealing it onto edges of crust to prevent shrinking. Bake 8 to 10 minutes until delicately browned. 400 degrees F.

Meringue.

Beat until frothy, 3 egg whites, 1/4 tsp. cream of tartar. Gradually beat in 6 Tbsp. sugar. Continue beating until mixture is stiff and glossy. This makes 1 9-inch pie.

CREAM RAISIN PIE — Mrs. Frank T. Berry

Cook 1 1/2 c. seedless raisins in 1 c. water until tender. Mix together in a sauce pan 3/4 c. sugar, 1 Tbsp. butter, 2 egg yolks well beaten, 1/8 tsp. salt, 1/3 c. flour and 1 c. boiling water. Cook until thick. Remove from fire and add 1 tsp. vanilla and raisins. Put in baked pie shell. Cover top with meringue made of 2 egg whites and 4 Tbsp. sugar. Brown in oven.

PECAN PIE — Mrs. Ray Murley

2 Tbsp. butter
1 c. sugar
1 c. dark syrup
2eggs
1/2 tsp. salt
1 tsp. vanilla
1 c. Texas pecans

Combine butter, sugar, syrup, salt, vanilla and eggs. Beat well. Fold in nut meats. Bake in unbaked pastry shell 1 hour at 350 degrees F.

SOUTHERN PECAN PIE — Mrs. Mable Taylor Jennings, Memphis, Tenn.

3 eggs
1 c. white Karo
1/2 c. pecans
1 c. dark brown sugar
Pinch of salt
1 tsp. vanilla

Beat eggs well, and add brown sugar, Karo, salt and vanilla, and pecans which have been broken or chopped. Pour into unbaked pie shell and bake in moderate oven. Pecans will rise to the top.

LEMON SPONGE PIE — Mrs. Marion B. Richardson

4 eggs separated
3/4 c. sugar
4 Tbsp. water
Juice and grated rind of 1 lemon

Separate eggs. Beat yolks a little. Add water, 1/4 c. sugar, juice and rind of lemon. Cook until of custard consistency.

Beat whites very stiff while adding gradually 1/2 c. of sugar. Fold custard while hot into the whites. Put into baked pie crust and bake until a delicate brown at 350 degrees F.

LEMON DREAM PIE — Roberta Fritchman, Iowa State College

1 pkg. lemon jello
1 1/4 c. boiling water
1 c. sugar
Juice 2 lemons
Rind of 1 lemon
1 can evaporated milk

Pour boiling water on jello. Add sugar, lemon juice and rind of 1 lemon. Let set and when nearly congealed whip.

Whip tall can of evaporated milk (cold). Add to jello

LEMON DREAM PIE (Continued)

mixture.

Crust.

Crush 16 graham crackers. Add 4 Tbsp. brown sugar and 4 Tbsp. melted butter. Mix.

Press crumb mixture into pie pan or rectangular baking dish. Fill with lemon mixture and place in refrigerator. Can be prepared day before serving. Top with crumbs. Serves 8.

LEMON CAKE PIE — Mrs. Joseph Bell

1 c. sugar
1 Tbsp. butter
2 Tbsp. flour
1 1/2 c. sweet milk
2 egg yolks
Juice and rind of 1 lemon
2 egg whites

Cream sugar and butter. Add flour and egg yolks - then the rest - beat egg whites stiff and add to batter just before adding to crust. Pour into unbaked crust and put in 375 degree oven for 15 minutes. Then turn oven down to 325 degrees for 30 minutes.

GRAHAM CRACKER PIE — Mrs. C. S. Jackson

24 graham crackers
1/2 c. butter

Roll graham crackers fine. Mix thoroughly with melted butter. Save out 1/2 c. crumbs. Pat remainder crumbs evenly over sides and bottom of pie tin. Let stand in refrigerator until firm.

Pour cooled filling into pie shell. Cover with meringue. Scatter crumbs over top and brown in oven. Chill and serve. Or spread with unsweetened whipped cream and scatter crumbs over the top.

Cream Pie Filling. (For 1 pie)

3 c. whole milk
1 Tbsp. butter
2/3 c. sugar
1/3 c. flour
1/2 tsp. salt
3 egg yolks
1 tsp. vanilla

Scald milk and butter in top of double boiler. Add dry ingredients thoroughly mixed, and stir until smooth and

thick. Cook several minutes until mixture is shiny. Combine a small amount with beaten egg yolks and add to remaining mixture in double boiler. Cook several minutes until egg is set. Add vanilla. Stir filling several times while cooking.

EGG NOG CHIFFON PIE

Miss Jewel Graham
I. S. C.

Prepare and bake a plain 9-inch pastry.

4 egg yolks, - beaten
1/2 c. sugar
1/2 tsp. salt
1/2 c. milk
1 Tbsp. plain gelatin dissolved in 1/4 c. cold water
1 tsp. vanilla
1/2 tsp. nutmeg
4 egg whites
1/2 c. sugar
1 c. whipping cream
2 Tbsp. sugar
Grated sweet chocolate

Soften gelatin in cold water. Mix in top part of double boiler and cook until thickened, stirring continuously, the egg yolks, sugar, salt and milk. When of thick custard consistency, add soaked gelatin. Mix well and cool until slightly congealed. Add flavorings. Beat egg whites, add sugar and continue beating to make a fine stiff meringue. Fold custard into meringue. Pour into cooled baked crust and chill until set. Top with sweetened whipped cream, if desired, and garnish with grated sweet ~~grated~~ chocolate.

OLD FASHIONED CUSTARD PIE

Mrs. Grady Taylor

3 eggs
3/4 c. sugar
1/4 tsp. nutmeg
2 2/3 c. milk

Line 9-inch pie pan with plain pastry, brush with very slightly beaten egg white, and set in refrigerator to chill thoroughly.

Beat egg slightly, then beat in sugar, salt, nutmeg and milk. Pour into chilled pastry lined pan. Bake about 45 minutes (or until a silver knife inserted in the center of filling comes out clean), using a hot oven (450 degrees F.) for first 15 minutes, reducing heat to (350 degrees F.) to finish baking.

CHESS PIE

Mrs. J. K. Rathbone

1/2 c. butter, or Oleo
Sherry flavoring

CHESS PIE (Continued)

2 c. sugar
4 whole eggs
Pastry shell - unbaked

Cream butter and sugar together. (If you have an electric beater, by all means use it). Add to this the eggs and continue to beat the mixture until light and spongy. Add the flavoring and pour into the pastry. Cook in a hot oven (425 degrees F.) for about 5 minutes, then reduce heat to moderate oven until crust is done and pie set.

When center of filling is almost firm, take out. Be careful not to over cook.

CHOCOLATE CHIP PIE — Mrs. H. D. Johnson

Melt 30 marshmallows in 3/4 c. of milk (in double boiler). Cool and add 1 c. of whipped cream. Then add 2 sqs. chocolate shaved fine. Pour in graham cracker crust.

GOLDEN APRICOT PIE — Mrs. C. S. Jackson

1/2 lb. dried apricots, cooked and drained. Run through ricer or colander
4 Tbsp. sugar
1 pkg. orange jello
1 pt. warm apricot juice and water
1/4 tsp. salt
1 baked 9-inch pie shell
1/2 c. whipped cream

Combine apricots and sugar. Dissolve jello in warm apricot juice and water. Add salt and pour over apricots. Chill. When slightly thickened, turn into cold pie shell. Chill until firm. Cover with whipped cream.

ANGEL PIE — Mrs. Irene Allen
makes 4-9in pies

10 egg whites
2 1/2 c. sugar
2/3 tsp. cream of tartar

Whip the whites stiff, add cream of tartar, then the sugar gradually. Grease the pie plates. Pour in the egg mixture. Bake 1 1/4 hours at 250 degrees F. While shells are cooling make custard.

10 egg yolks
1 1/2 c. sugar
7 1/2 Tbsp. lemon juice
2 1/2 Tbsp. water
2 1/2 tsp. butter
3 1/2 pt. bottles whipping cream

Cook and stir until eggs are done. Not too long. Cool

ANGEL PIE (Continued)

but not cold. Push down the shell and put a thin coat of whipped cream over the top. Spread on the custard and then whipped cream over custard. Set in refrigerator for 24 hours.

BOSTON CREAM PIE — Mrs. Clara N. Westervelt

1/2 c. sugar
2 eggs
3 Tbsp. milk
1 level c. flour
1 tsp. baking powder
1/4 tsp. salt

Combine and thoroughly blend the above ingredients. Pour into greased pan, size 6x8. Spread quite thin and bake in oven 350 degrees F. for about 30 minutes. Can be spread with jelly or some spread that agrees with the diet. This is really a cake.

RHUBARB MERINGUE PIE — Alma H. Jones, Iowa State College

Pie Filling.

3 c. rhubarb
2 egg yolks
2 Tbsp. cold water
1 c. sugar
2 Tbsp. flour
1 tsp. butter

Slice rhubarb, unpeeled in 1/2-inch slices add water to egg yolks, mix flour with sugar and blend with egg yolks and water. Combine with rhubarb.

Line a 9-inch pie dish with crust, fluting the edges to make a deep shell. Place filling in crust, dotting butter on top.

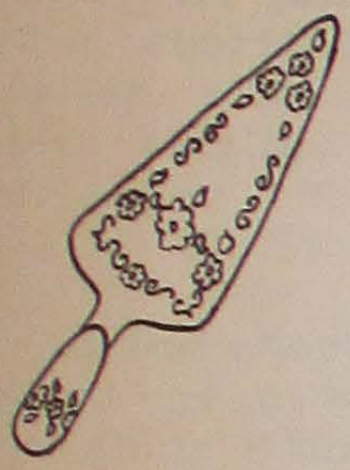
Bake pie at 450 degrees F. for 15 minutes or until slightly brown. Reduce heat to 375 degrees and bake for 25 minutes or until filling is almost done.

Meringue.

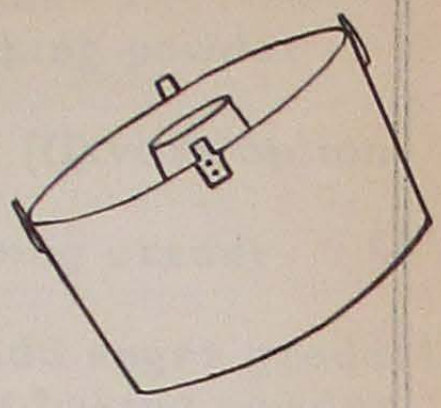
2 egg whites
1/8 tsp. salt
4 Tbsp. sugar
1/4 tsp. vanilla

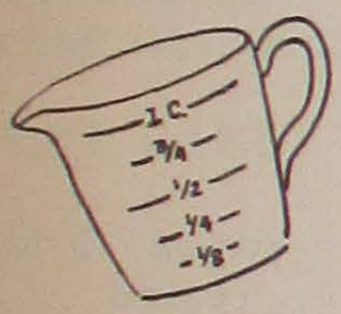
Let egg whites warm up to room temperature. Add salt and beat until stiff. Add sugar gradually and beat until stiff and glossy.

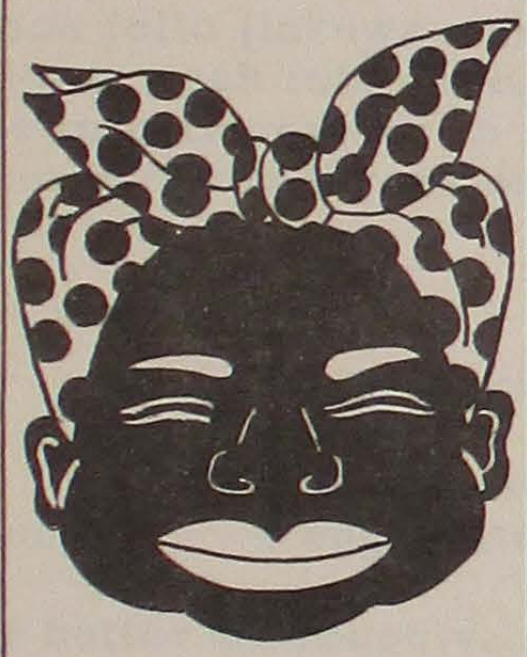
Spread meringue on pie and bake 8-10 minutes more, or until nicely browned.

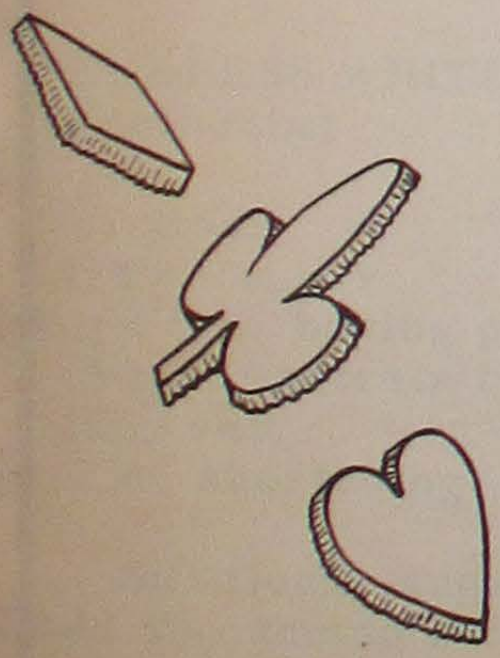


CAKES









COOKIES

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Recipes
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JELLO CAKE

Mrs. John Krause

2 c. flour, (sifted)
1/3 c. shortening
3/4 tsp. salt
1 tsp. vanilla
1 c. sugar
1 egg, unbeaten
2 1/2 tsp. baking powder
3/4 c. milk
2 boxes jello (flavors optional)
1/2 pt. whipping cream

Blend shortening, salt, and vanilla. Add sugar gradually and cream well. Add egg and beat. Sift baking powder with flour 3 times. Add to cream mixture alternately with milk, mixing after each addition until smooth. Bake in 2 shortening coated 8-inch layer pans in moderate oven (375) 25 to 30 minutes. Cool.

Dissolve jello (separately) as directed on the package. When layers are cool, place each on a cake plate covered with wax paper. Spoon jello (lukewarm) onto layers slowly, allowing time for jello to soak into cake. 1 jello (2c. liquid) to each layer. Place in refrigerator to set. To serve, spread whipped cream between layers and on top of cake.

WHITE CAKE

Mrs. Carrie Chase

1 1/2 c. sugar
1/2 c. butter
1 c. water, cold
2 c. cake flour, sifted
2 tsp. baking powder, (double action)
1 tsp. vanilla
4 egg whites

Cream sugar and butter thoroughly. Add cold water, but do not stir until flour and baking powder and vanilla are added. Beat well, then fold in beaten egg whites.

Bake in tube or loaf pan. Use favorite icing.

PEERLESS WHITE CAKE (Quick-mix)

Mrs. Nadine Woods

2 c. flour
1 1/4 c. sugar
3 1/2 tsp. baking powder (5 tsp. tartrate type)
1 tsp. salt
1/2 c. shortening
1 c. less 2 Tbsp. milk
1 tsp. vanilla
3/4 tsp. almond extract
1/4 tsp. orange extract
3 egg whites, unbeaten

Sift flour, sugar, baking powder and salt into bowl. Add shortening and 2/3 of milk. Beat well. Add flavorings.

PEERLESS WHITE CAKE (Continued)

Add egg whites and remaining milk. Beat well. Bake in 2 deep 8-inch layer pans in moderate oven (360 degrees F.) 25 -30 minutes.

YELLOW SPONGE CAKE — Mrs. Ruth Spadaro

5 eggs, separated
1/2 c. water
1 1/2 c. granulated sugar
1/4 tsp. salt
2 tsp. baking powder
3/4 tsp. cream of tartar
2 c. cake flour

Beat egg yolks until lemon yellow. Add water, beat until very fluffy. Add 1 c. sugar and beat again. Sift together dry ingredients 3 times, and fold into egg-sugar mixture. Beat egg whites until frothy. Add cream of tartar, then beat until stiff, but not dry. Add 1/2 c. sugar and blend. Then fold in the first mixture. When completely blended, dip batter carefully into ungreased tube pan. Bake in a moderate oven (350 degrees F.) for 1 hour.

YELLOW LAYER CAKE (Filled) — Mrs. Ethel B. Woodard

9 egg yolks
2 c. sugar, (a little scant)
1 c. pastry flour, sifted with 1 tsp. cream of tartar
3/4 c. water
1/2 tsp. soda, sifted with 1 c. pastry flour

Beat egg yolks until light, add sugar, continue beating with rotary beater. Add first flour mixture, then water, then second flour mixture, beating continually. Bake in 3 9-inch layers or 4 8-inch layers at 350 degrees F.

Filling.

2 eggs
1 c. water
6 Tbsp. flour
1 c. sugar
Juice of 1 lemon
Rind of 1/2 lemon
1 1/2 Tbsp. butter

Beat eggs until light. Add water, blend dry ingredients. Then add to egg mixture. Cook in double boiler. When thick, add juice of lemon, rind and butter.

REFRIGERATOR CAKE — Mrs. D. R. Dunlap

Meringue.

6 egg whites
1/2 tsp. cream of tartar
2 c. sugar
1/8 tsp. salt

Beat egg whites until frothy. Add salt and cream of tartar, and beat until they stand in peaks. Add sugar gradually, 1/4 c. at a time, while continuing to beat until meringue is very fine and glossy. Prepare 2 8-inch layer cake pans by greasing and flouring, or line with waxed papper. Put meringue in pans, spreading evenly.

Bake in 325 degree oven 40 to 50 minutes. Remove from pans while still warm. Cool on cake rack.

Filling.

1 pt. whipping cream, whipped
2 c. drained fruit cocktail

Fold drained fruit cocktail into whipped cream. Put half on layer of meringue. Stack second layer on top and cover with remaining fruit mixture. Refrigerate for 24 hours. Serve sliced as cake.

WALNUT MARMALADE SQUARE — Mrs. Hazel Shelton

2 c. flour
3/4 c. brown sugar
1/2 c. shortening
3/4 c. chopped walnuts
1/4 c. marmalade
2 tsp. baking powder
1/2 tsp. salt
1 egg, beaten
1/2 tsp. vanilla
1/2 c. milk
walnut halves

Mix 1 c. of the flour with sugar, add shortening and work together until crumbly. Add chopped nuts. Then take out 1/2 c. of the mixture, add to it the marmalade and set aside for topping. To first mixture add remaining cup of flour sifted with baking powder and salt. Combine egg, vanilla, milk; add to flour mixture. Stir until blended. Spread the rather stiff dough in a greased 8x8x 2-inch pan. Drop marmalade topping over it by spoonfuls, decorate with walnut halves. Bake in moderate oven (375 degrees F.) 35 minutes.

BOILED RAISIN CAKE — Mrs. Lee C. Hoffman

1 1/2 c. sugar
2 c. boiled raisins, drained

BOILED RAISIN CAKE (Continued)

1/2 c. butter or shortening
2 eggs
1 c. cold juice from raisins
2 tsp. cinnamon
1 tsp. nutmeg
2 tsp. baking powder
1 tsp. soda
1/2 c. nut meats
(I use seeded raisins - put 2 c. water over raisins - boil about 3 min. Drain and save juice and cool both before using.)
1 tsp. salt
3 1/4 c. flour

Cream shortening and sugar. Add beaten eggs. Sift together rest of dry ingredients and add to creamed mixture alternately with the cold raisin juice.

Add raisins and nut meats last. Bake 1 hour in 350 degree oven. May bake in oblong cake pan or in crinkle cups for cup cakes. Use plain as fruit cake or ice with boiled or butter icing.

Note: If baked in crinkle cups they take less than 1 hour baking time.

BOILED RAISIN SPICE CAKE — Mrs. Lizzie Pankuk

Boil together for 3 minutes.

2 c. sugar
2 c. raisins
2 c. water
3/4 c. shortening
1 tsp. each cinnamon, nutmeg, allspice
Dash salt

Cool and add 1 tsp. soda, sifted with 3 c. flour. Add 1 tsp. vanilla. Bake in moderate oven (350 degrees F.) about 40 minutes.

RAISIN SPICE CAKE — Mrs. L. Colman
Mrs. Les Rutter

1 c. sugar, half brown
1/2 c. vegetable shortening
1 egg
1 c. water, in which raisins were cooked
1 c. seeded raisins
2 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. each cloves, cinnamon and nutmeg

Combine 1 c. water and raisins; boil and cool. Cream sugar, shortening, and egg together. Sift together dry ingredients and add to creamed mixture, alternately with the water in which raisins were cooked. Stir in raisins.

RAISIN SPICE CAKE (Continued)

Bake in loaf pan in 350 degree F. oven for about 40 min.
Ice with frosting made of 1 c. powdered sugar, grated orange rind and orange juice.

MATRIMONIAL CAKE — Mrs. M. L. King

1st Mixture.

1 c. brown sugar
1 c. water
1 pkg. pitted dates

Cook until thick.

2nd Mixture.

1 3/4 c. quick oats
1 1/2 c. flour
1 tsp. soda
1 c. brown sugar, packed in firmly
3/8 lbs. butter, melted

Mix melted butter through second mixture well. Divide, putting half in bottom of baking pan 8x10. Then spread date mixture over this. Add remainder of second mixture. Bake 25 minutes in moderate oven - not too brown.

FRUIT CAKE — Mrs. C. S. Jackson

1/4 lb. citron
1/4 lb. lemon peel
1 pkg. mixed fruit
1/4 lb. orange peel
1/2 lb. candied cherries
1/2 lb. nut meats
1/2 lb. dates
1/2 lb. candied pineapple
1/2 lb. raisins
1/4 lb. dry cocoanut
1/2 c. sugar
5 eggs
2 c. flour
1 tsp. allspice
1/2 tsp. nutmeg
1/2 tsp. cloves
1 tsp. salt
1 tsp. baking powder
6 Tbsp. fruit juice, (orange, grapefruit or other juice)
1 c. shortening (butter
1/2 c. honey

Shred the peel, halve the cherries, nut meats and dates. Cut pineapple into size of almonds. Chop cocoanut fine. Dredge the fruit in 1/4 c. or more of flour. Sift remaining flour with dry ingredients. Cream shortening with sugar and add honey. Stir in eggs well beaten. Add dry ingredients and fruit juices alternately, blending thoroughly. Pour batter over floured fruit and mix thoroughly. Line oiled baking tins with 2 layers of heavy

waxed paper, allowing 1/2-inch to extend above all sides of pan. Pour batter into pans lightly, do not flatten. Bake in slow oven (250 degrees F.) for 4 hours. Makes 5 lbs. Place flat pan containing 2 c. of water in bottom of oven while baking. This gives cake greater volume and better appearance, more moist texture and a smooth and shiny glaze.

Temperature may be raised to 260 degrees F. last 2 hours.

WHITE FRUIT CAKE

Miss Helen F. Smith
Iowa State College

~~3 1/4~~ 3/4 c. butter
2 1/3 c. sugar
1 egg
4 c. flour
1 tsp. salt
2 tsp. baking powder
1 Tbsp. vanilla
1 lb. blanched almonds
1 lb. citron
2 c. white raisins
1 c. candied cherries
1 whole cocoanut, grated
3/4 c. fruit juice
12 beaten egg whites

Cream together butter, sugar, egg and vanilla. Sift together flour, salt and baking powder. Add to creamed mixture. Add the fruit and nuts, and fruit juice. When well mixed, add 12 beaten egg whites. Bake in pans lined with buttered brown paper in 300 degree F. oven for 3 hours.

DATE CAKE

Mrs. Eva H. Kelley

Let come to a boil.

1 1/2 c. sugar
1/2 c. lard
1 1/2 c. water
1 c. cut up dates
1/2 c. raisins

Then cool and add the following, sifted together.

3 c. flour
1/2 tsp. salt
1 1/2 tsp. soda
1 tsp. pumpkin pie spice
1/2 tsp. cinnamon

Stir until smooth. Pour into a loaf pan. Bake in moderate oven (350 degrees F.) 50 to 60 minutes. Cut in squares. Serve with lots of whipped cream.

DATE CAKE — Mrs. John Hamilton

2 c. white sugar
1/2 c. butter
2 eggs
2 c. buttermilk or sour milk
1 c. chopped nuts
2 lbs. chopped dates
3 c. flour
2 tsp. soda
1 tsp. cloves
3 tsp. cinnamon
1/2 tsp. baking powder
1/4 tsp. salt

Cream together sugar, butter and eggs. Sift together dry ingredients and add to creamed mixture alternating with the sour milk. Stir in the nuts and dates. Bake in loaf pan (about 12x9x2-inches) in a moderate (350 degree F.) oven about 50 minutes, or until done by prick test.

COCOA CAKE — Mrs. Irvin Netcott

6 Tbsp. cocoa
2 c. flour
1 1/2 c. sugar
1 tsp. baking soda
1/8 tsp. salt
2 eggs
3/4 c. butter, melted
1 c. cold water

Sift first five ingredients into the mixing bowl. Add the rest, but do not stir until all ingredients are in. Then beat well. Bake in 2 layers, in moderate oven (350 degrees F.) for 40 minutes. Frost with chocolate frosting.

CHOCOLATE CAKE — Mrs. C. C. Norman

Cream:

1 2/3 c. sugar
1/2 c. butter (part Spry may be substituted)

Add unbeaten 3 eggs and 1 c. cold coffee - add without stirring. Sift together, then add to above.

2 c. flour
1/2 c. cocoa
1 tsp. soda

Add 1 Tbsp. vinegar, 1 tsp. vanilla. Bake in a moderate oven 40 minutes.

CHOCOLATE CAKE — Mrs. Ed. Elsworth

1/3 c. shortening
1 c. sugar
2 eggs
1 tsp. baking powder
~~1/4~~ tsp. salt
1 c. sour milk

CHOCOLATE CAKE (Continued)

1 tsp. vanilla
1 1/2 c. cake flour
1 tsp. soda

Cream shortening. Add sugar, and cream again. Add eggs one at a time, beating after each addition. Add vanilla. Sift dry ingredients. Stir soda into sour milk. Add sifted dry ingredients and sour milk mixture alternately to sugar and egg mixture.

Make paste of 3 Tbsp. cocoa and either 1/3 c. water or coffee and add to above cake mixture. Bake at 350 degrees F.

CHOCOLATE CAKE — Miss Ada Scott
(Devil's Food)

1 c. sugar
1/2 c. butter
2 eggs
1 c. sour milk
1/2 c. cocoa
2 c. flour
1 tsp. soda
1/4 tsp. salt

Cream butter and sugar well. Add beaten eggs and beat again. Mix and sift dry ingredients. Add sour milk and dry ingredients. Bake in 2 layer pans for 25 minutes in a moderate (365 degree F.) oven.

CHOCOLATE CAKE — Mrs. Sabin A. Nichols
(Red Devil's Food)

2 c. sugar
1/2 c. butter
2 eggs, (separated)
1/2 c. cocoa, stirred in
1/2 c. boiling water
2 1/2 c. flour (all purpose)
1 c. sour milk
2 1/2 tsp. soda
1/2 tsp. salt
1 tsp. vanilla

Cream sugar and shortening. Add beaten egg yolks. Sift flour, soda and salt together 3 times, and add alternately with milk. Add cocoa paste and vanilla and last fold in the beaten egg whites. Bake in 2 layer cake pans in 365 degree F. oven for about 25 minutes, or in 8x12x2-inch pan at 350 degree F. for about 35 minutes.

MAHOGANY CAKE — Mrs. Alva Taylor

1 1/2 c. sugar
1/2 c. butter
3 beaten eggs
1 7/8 c. all purpose flour
1 tsp. baking powder
1/2 tsp. salt

MAHOGANY CAKE (Continued)

1/2 c. sweet milk

Chocolate Mixture.

Cook together 1/2 c. grated chocolate in 1/2 c. sweet milk. Cool, add 1 small tsp. soda and vanilla.

Cream butter and sugar, add beaten eggs and cream until fluffy. Add milk and cooled chocolate mixture. Sift together flour, salt and baking powder. Stir together until smooth. Bake in layers in a moderate oven, 375 degrees F. for 30 to 35 minutes.

BUSY DAY CAKE — Miss Jessie Darlington
(Muffin Method)

1 2/3 c. flour
1 c. sugar
1 Tbsp. baking powder
1/4 tsp. salt
2/3 c. milk
1/3 c. shortening, melted
1 egg, beaten
1 tsp. vanilla

Sift dry ingredients together. Combine milk, shortening, egg and flavoring. Add liquid to dry ingredients and beat 2 minutes.

Pour in well oiled pan 8-inches square. Bake at 350 degrees F. for 35 minutes.

Topping.

Meanwhile combine 3 Tbsp. butter or margarine, 1/3 c. brown sugar, 1/2 c. moist cocoanut and 3 Tbsp. cream or top milk. Spread on warm cake and broil until bubbly and brown.

BURNT SUGAR CAKE — Mrs. W. E. Miller

To make the burnt sugar syrup, put 1/2 c. granulated sugar in a heavy skillet, stir constantly over fire until sugar melts and becomes a liquid, and then throws off a dense smoke. It must burn. Have ready 1/2 c. boiling water, remove sauce pan from fire, throw in the water and stir rapidly. Put back on fire and boil to a molasses like syrup. Bottle and keep cool. This is enough to make 3 cakes.

Cake.

Beat 1/2 c. butter to a cream, add gradually 1 1/2 c. of

sugar, the yolks of 2 eggs and 1 c. of water. Add 2 c. flour and beat for 5 minutes. Then add 3 tsp. of burnt sugar syrup and 1 tsp. of vanilla. Then add 1/2 c. of flour and beat again. Stir in carefully 2 tsp. of Royal baking powder and well beaten whites of 2 eggs. Bake in 2 layers in a moderate oven.

APPLE SAUCE CAKE — Mrs. Anna Paulson
Eggless

3 c. apple sauce
1 c. fat
4 c. flour
2 c. raisins
1 c. nut meats
3 1/2 tsp. soda in coffee, (enough to dissolve soda)
2 tsp. cinnamon
1 tsp. cloves, ginger
Pinch of salt

Cream fat and sugar. Add sifted dry ingredients alternately with dissolved soda and apple sauce. Add raisins and nut meats. Bake in loaf pans at 350 degrees F. for 45 minutes to 1 hour.

GRACES' APPLE SAUCE CAKE — Miss Jessie Darlington

1 c. sugar
1/2 c. shortening
1 egg
1 1/2 c. apple sauce
2 c. flour
1 tsp. soda
1 tsp. each cloves, cinnamon, salt

Cream together sugar, shortening and egg. Sift dry ingredients together. Add apple sauce, then dry ingredients. Blend well. Bake in loaf pan in a moderate (350 degree F.) oven for 30 to 40 minutes.

APPLE SAUCE CAKE — Mrs. Caroline Kinderman
(First World War Era)

1/2 c. butter
1 c. white sugar
1 egg, beaten very light
1 1/2 c. cooked sweetened apple sauce
1 c. seedless raisins
1/2 c. nuts, broken
2 c. flour
2 level tsp. soda in flour
1/2 tsp. vanilla
1/2 tsp. cinnamon
1/4 tsp. cloves

Mix all together and pour in a greased oblong pan.

APPLE SAUCE CAKE (Continued)

Bake in moderate (350 degree F.) oven from 30 to 40 minutes.

APPLE SAUCE CAKE — Mrs. L. W. Forman

1/2 c. shortening
1 egg
1 c. sugar
1 1/2 c. flour
1 1/2 tsp. cinnamon
1 tsp. vanilla
1 tsp. soda
1 c. sweet hot apple sauce
1 c. raisins, nuts or dates
1/2 tsp. cloves

Cream shortening, sugar and egg. Add apple sauce. Sift together all dry ingredients. Combine both mixtures. Beat until smooth and fluffy. Add raisins, nuts or dates. Stir until thoroughly blended. Turn into 8-inch square waxed paper lined pan. Sift granulated sugar over top. Bake in moderate oven (350 degrees F.) for 45 minutes. Cool before serving.

PINEAPPLE FLIP — Mrs. Hilda Fuller

Melt 1/4 lb. butter in an iron skillet. Over it sprinkle 1 c. light brown sugar. Lay one whole slice pineapple in center of pan. Scatter 3 or 4 slices, cut up, over rest of pan. Squeeze all juice out of fruit before using. Sprinkle 1 c. chopped walnuts over mixture. Pour over this the following sponge cake batter, and bake 40 minutes at 375 degrees F. Let stand 2 or 3 minutes before removing from pan, then invert on serving plate.

Sponge Cake.

2 eggs, separated
1 c. sugar
1 1/2 c. flour
3/8 c. cold water
1 tsp. baking powder
1/2 tsp. lemon extract

Beat yolks, add sugar gradually, then water and then baking powder, sifted with flour. Fold the batter into the beaten whites.

CHEESELESS CHEESE CAKE — Mrs. C. F. Kinderman

4 eggs, separated
1 1/3 c. (15 oz. can) Eagle Brand milk
1 tsp. vanilla
1/2 tsp. nutmeg
2 Tbsp. melted butter

CHEESELESS CHEESE CAKE (Continued)

1 tsp. grated lemon rind
1/2 c. lemon juice
2/3 c. graham cracker crumbs, (12)

Beat egg yolks and combine with EagleBrand sweetened Condensed milk. Add lemon rind, juice, vanilla and nutmeg. Blend well. Fold in stiffly beaten egg whites. Combine melted butter and graham cracker crumbs. Sprinkle buttered 8x8x2-inch square pan with half the crumbs. Pour in mixture and sprinkle with remaining crumbs. Bake in slow oven (325 degrees) 30 minutes. Turn off heat; cool for 1 hour in oven with door closed.

RICH STRAWBERRY SHORTCAKE — Mrs. M. L. King

2 c. flour
1/4 c. sugar
4 tsp. baking powder
1/2 tsp. salt
Few grains nutmeg
1 egg
1/3 c. butter
1 1/4 Tbsp. lard
2/3 c. milk

Mix dry ingredients and sift twice, work in shortening with tips of fingers, add egg, well beaten, and milk. Toss and roll on floured board. Bake in round buttered tin.

Split cake and spread under layer with hard sauce into which you have mixed cut up strawberries. Add top layer of cake, cover with strawberries.

BOILED FROSTING — Mrs. Ed. Elsworth

2 c. sugar
2 Tbsp. cornstarch
1/2 tsp. cream of tartar
3/4 c. water
2 egg whites, beaten stiff
1 tsp. vanilla

Cook cornstarch, sygar, cream of tartar and water to hard ball stage. Pour syrup in a fine stream over beaten egg whites, beating constantly until stiff. Add vanilla. This frosting will not be crusty.

MARSHMALLOW ICING — Mrs. Marion B. Richardson

Cook 1 3/4 c. sugar, 1/4 tsp. cream of tartar and 1/2 c. water to 242 degrees F. or until it spins a thread. Beat whites of 4 eggs stiff, adding a little salt. Pour hot syrup (right from burner) in a fine stream over egg whites, beating constantly until it stands in peaks.

QUICK BUTTERSCOTCH FROSTING Mrs. Opal Gardner

1 c. brown sugar, firmly packed
5 Tbsp. butter
1 1/2 c. sifted confectioners' sugar
1/4 tsp. salt
1/4 c. milk

Combine brown sugar, butter and salt in saucepan and bring to boil, stirring constantly. Add milk and boil slowly 3 minutes. Cool. Add confectioners' sugar and beat until thick enough to spread.

FOOL-PROOF CARAMEL ICING Mrs. Nadine Woods

1 1/3 c. brown sugar
2 tsp. corn syrup
1/3 c. milk
1/4 c. shortening
1 1/2 c. powdered sugar
2 Tbsp. hot milk

Boil together brown sugar, syrup and milk to soft ball (238 degrees F.) Blend shortening with powdered sugar and hot milk. Pour hot syrup over sugar mixture. Beat to a spreading consistency.

WHITE SUGAR COOKIES Mrs. M. L. Spurrier

2 c. sugar
1 c. shortening
2 eggs
3/4 c. sour cream
1 tsp. soda
flour enough to make a soft dough (about 4 c.)

Cream together sugar, shortening, eggs and add sour cream and soda. Mix well. Work in flour to make a soft dough. Spread on greased cookie sheet and sprinkle with sugar. Bake in a quick oven. Cut in squares.

OATMEAL COOKIES Mrs. Edith M. Willcox

First Mixture:

Grind raisins to make 1 c. 2 scant tsp. soda scattered over raisins. Add 1/2 c. boiling water. Stir.

Second Mixture:

2 c. sugar
1 c. shortening
2 c. oatmeal
3 c. all purpose flour

Mix these ingredients. Add first mixture. Roll in balls. Roll balls in sugar. Crisscross with a fork to

flatten. Bake at 375 degrees F. Use greased tins.

OATMEAL COOKIES

Mrs. Chauncey B. Reilly

1/2 c. shortening
1/2 c. brown sugar
1/2 c. white sugar
1 beaten egg
1 Tbsp. water
3/4 c. sifted flour
1/2 tsp. soda
1/2 tsp. salt
1 1/2 c. uncooked rolled oats
1 c. chopped dates
1/2 tsp. vanilla

Cream shortening, add sugar, cream well. Beat in egg, add water and vanilla. Sift together flour, soda and salt and add to creamed mixture. Add oats and dates. Stir until well blended. Drop from a teaspoon onto greased baking sheet and bake in moderate oven 375 degrees F. 12 minutes.

OATMEAL APPLE COOKIES

Elizabeth Smith
I. S. C.

1/2 c. shortening
1 c. brown sugar
2 eggs, well beaten
1 3/4 c. flour
1/2 tsp. soda
1 c. chopped nuts
1/2 c. oatmeal
1 1/2 c. ground dates
1 ground apple
1/2 tsp. baking powder
1/4 tsp. salt

Cream shortening, add sugar and well beaten egg. Combine fruit and oatmeal. Add with sifted dry ingredients to first mixture. Drop by teaspoonful on greased cookie sheet. Bake at 375 degrees F. for 12 minutes.

BANANA OATMEAL COOKIES

Miss Marion Dwelle
(About 3 1/2 dozen)

1 1/2 c. sifted flour
1/2 tsp. soda
1 tsp. salt
1/4 tsp. nutmeg
3/4 tsp. cinnamon
1/2 c. chopped nuts
3/4 c. shortening
1 c. brown sugar
1 egg
1 c. mashed banana
1 3/4 c. rolled oats

Use fully ripe bananas. Sift flour, spices, soda and salt together. Cream shortening. Add sugar and beat until light. Add egg and mix thoroughly. Add mashed banana,

BANANA OATMEAL COOKIES (Continued)

oats and nuts. Stir in flour mixture. Drop by teaspoon - fuls 2 inches apart. Bake at 400 degrees for 15 minutes. Remove at once from pan.

OATMEAL CHOCOLATE CHIP COOKIES

Mrs. Kenneth Holdredge

1/2 c. shortening
1/2 c. brown sugar
1/2 c. white sugar
1 ege, beaten
1 Tbsp. water
1 tsp. vanilla
3/4 c. sifted flour
1/2 tsp. soda
1/2 tsp. salt
1 1/2 c. raw oatmeal
1 1/4 c. chocolate chips

Cream shortening and sugar. Add egg, water and vanil- la. Sift dry ingredients and combine. Lastly add oatmeal and chocolate chips. Stir until well blended. Bake 10 to 15 minutes, 375 degrees F. oven. Makes about 4 dozen.

OATMEAL TOLLHOUSE COOKIES

Mrs. Wrey Hammond

1 c. shortening
3/4 c. white sugar
3/4 c. brown sugar
2 eggs
1 tsp. vanilla
1 tsp. soda in 3 Tbsp. water
1 1/2 c. all purpose flour
1 tsp. salt
2 c. oatmeal
1 7-oz. pkg. chocolate bits.
Nuts if desired

Cream sugar, shortening and eggs and vanilla until light and fluffy. Add soda and water. Add dry ingredients and mix well. Stir in chocolate bits and nuts.

Drop by teaspoon on buttered cookie sheet. Bake in moderate oven (350 degrees F.) about 12 to 15 minutes. Makes 5 dozen cookies.

GUM DROP COOKIES

Mrs. R. W. Ahlquist

1 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
2 c. flour and 1 tsp. baking powder and 1 tsp. soda sifted together.
2 c. quick oatmeal
Pinch salt
1 c. cocoanut, (shredded)
1 c. gum drops cut

Cream shortening and sugar, add beaten eggs. Add sifted dry ingredients, then cocoanut and gum drops. Drop

GUM DROP COOKIES (Continued)

by rounded spoonfuls onto a greased baking sheet. Bake in moderately hot oven 400 degrees F. for about 10 minutes.

GINGER COOKIES — Mrs. Edna Richardson

3/4 c. Crisco
1 c. sugar
1 egg, beaten
4 Tbsp. molasses
2 tsp. soda
2 c. flour
1 tsp. cloves
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. salt

Cream Crisco and sugar. Add beaten egg and molasses. Cream well. Add dry ingredients, sifted together and form into small balls. Dip in white sugar and press down lightly. Bake in 375 degrees for 10 minutes.

DATE-FILLED COOKIE SQUARES
Mrs. Grace M. Hutchens

2 c. finely cut, pitted dates
1 Tbsp. flour
1 c. hot water
1 tsp. vanilla
1 c. brown sugar, firmly packed
½ c melted shortening
2 c. rolled oats
1/2 - 3/4 c. chopped black walnut meats
1 c. sifted all-purpose flour
1 tsp. baking soda

Heat oven to 375 degrees F. Combine dates and 1 Tbsp. flour. Add water; simmer 10 minutes or until thickened. Add vanilla. Combine sugar with next 4 ingredients. Add melted shortening slowly, while stirring. Spread 1/2 oatmeal mixture in greased 12x8x2-inch pan; cover with date mixture. Then sprinkle remaining oat mixture over date mixture; pat smooth. Bake at 375 degrees F. 20 minutes, or until done. Cool in pan. Cut in 2-inch squares. Makes 24.

DELICIOUS COOKIES — Mrs. Ralph Johnson

1 c. butter or substitute
1/2 c. powdered sugar
2 c. flour, sifted before measuring
3/4 c. finely chopped almonds or pecans
1 tsp. vanilla

Mix in order given. Since dough is very short, pat it to

desired thickness and cut with fancy small cutter.

Bake 20 minutes at 350 degrees F. Roll while still warm in powdered sugar.

DANISH COOKIES

Mrs. W. E. Bartow

½ c. shortening
1 c. sugar
1 egg
1/2 tsp. salt
2 c. flour
1/2 tsp. cream of tartar
flavoring

Cream shortening and sugar. Add beaten egg and vanilla. Sift dry ingredients into shortening mixture, little at time. Roll in hands a small ball and flatten with a fork. Bake in moderate oven 375 degrees F. 10 minutes.

CHOCOLATE DELIGHTS

Mrs. Dean C. Benson

1 c sugar
2 c. sifted flour
1 tsp. baking powder
1 tsp. salt
1/ 2 c. shortening, (lard)
3/4 c. chopped peanuts or nut meats
2 eggs
1 tsp. vanilla
1 8-oz pkg. chocolate bits

Sift flour with baking powder and salt. Cream shortening, add sugar and continue creaming. Add eggs and vanilla and beat until fluffy. Add sifted dry ingredients. Mix thoroughly. Spread in greased 8x12-inch pan. Sprinkle with chocolate bits, spread with meringue, sprinkle with nuts. Bake in moderate oven (350 degrees F.) for 35 to 40 minutes. When cool, cut in 2-inch squares. Yield: 2 dozen squares.

Meringue.

2 egg whites
1 c. brown sugar
1 tsp. vanilla

Beat egg whites until stiff. Add sugar and vanilla slowly and continue beating until smooth.

COCOANUT COOKIES

Mrs. Wendell McCain

1/2 c. shortening
2 c. sugar
2 eggs
1 c. milk
3 1/2 c. flour, sifted with 1/2 tsp. salt and 1 tsp. baking powder
1 1/2 c. cocoanut

COCOANUT COOKIES (Continued)

1 tsp. vanilla

Mix ingredients in order given and drop by teaspoon onto greased cookie sheets. Bake 10 to 12 minutes in moderately hot oven 350 degrees F. While still warm ice with powdered sugar icing and sprinkle more cocoanut on top. Yield: Approximately 50 cookies.

COCONUT COOKIES

Frances Hettler
Iowa State College

2 c. brown sugar
2 eggs
2/3 c. shortening
2 tsp. soda
2 tsp. cream of tartar
1 c. coconut
1/4 tsp. salt
3 c. flour

Cream sugar, egg and shortening. Mix and sift dry ingredients. Add coconut and flour. Roll dough into balls. Put on cookie sheet and crease with fork. Bake at 375 degrees F. about 10-15 minutes.

COCOANUT AND OATMEAL COOKIES

Mrs. H. J. Edmand

1 c. brown sugar
1 c. white sugar
1 c. lard or shortening
2 eggs, beaten
1 tsp. vanilla
1 - 2 Tbsp. water
2 c. oatmeal, ground
1 c. cocoanut
1 1/2 c. flour
1/4 tsp. salt
1/2 tsp. baking powder
1 tsp. soda

Cream together first 6 ingredients. Add dry ingredients which have been sifted together. Stir in oatmeal and cocoanut. Drop from spoonfuls onto greased pan. Mash down with fork. Bake in 375 degree F. oven about 10 minutes. Makes 5 dozen.

BROWN SUGAR COOKIES

Miss Jessie Darlington

1 1/2 c. brown sugar
1 c. shortening
3 eggs
1 tsp. vanilla
3 Tbsp. water
3 c. flour
1 tsp. baking powder
1 tsp. salt
1 tsp. soda
1 1/2 c. raisins
1 c. nut meats

BROWN SUGAR COOKIES (Continued)

Cream together sugar, shortening, eggs, vanilla and water until fluffy. Sift together dry ingredients and combine with creamed mixture. Stir in raisins and nuts. Drop by teaspoonfuls onto greased baking sheet and bake at 350 degrees F. 12 to 15 minutes.

CHRISTMAS MERINGUE COOKIES — Dr. Frances Carlin, Iowa State College

4 egg whites
1 1/2 c. sugar
1 tsp. cinnamon
1 lb. almonds, blanched and and shaved
1/2 lb. candied mixed fruits, (fruit cake mixture) finely chopped

Beat egg whites until very stiff. Gradually add the sugar, continuing to beat with an egg whip. Turn mixture into top of double boiler and stir constantly over boiling water until mixture is just warm. Remove from heat and fold in the cinnamon, almonds and crystallized fruit until just blended. Drop by scant teaspoonfuls onto clean brown or white wrapping paper which has been greased with melted butter. Bake in a slow oven (300 degrees F.) for 30 minutes or until very delicately browned. Brush underside of paper with water and remove cookies carefully by running a spatula under them. Makes about 5 dozen.

REFRIGERATOR DATE COOKIES — Mrs. L. Colman
Pinwheels — Mrs. Carl Rosenfeld

1 c. white sugar
1 c. brown sugar
1/2 c. butter
1/2 c. vegetable shortening
3 beaten eggs
2 1/2 c. flour
1 tsp. soda
1/2 tsp. salt
1 tsp. vanilla

Cream together sugar, shortening and egg. Add sifted dry ingredients and vanilla. Mix well and chill.

Roll out 1/2-inch thick on a lightly floured board or waxed paper. Spread dough with date mixture. Roll up like a jelly roll. Roll in waxed paper and refrigerate. When ready to bake, cut across roll in thin slices. Bake in 350 degree F. oven about 10 minutes.

Date Filling.

1 lb. dates, cut fine
1/2 c. water

REFRIGERATOR DATE COOKIES (Continued)

1/2 c. sugar

Boil ingredients until well blended, cool and spread on cookie dough.

PINEAPPLE COOKIES — Mrs. Edith M. Willcox

1 c. brown sugar
1/2 c. shortening
1 c. drained, crushed pineapple
1 tsp. vanilla
2 c. all purpose flour
1/2 tsp. salt
1/4 tsp. soda
1 tsp. baking powder
1/2 c. nut meats

Cream together sugar and shortening. Add vanilla and pineapple. Sift dry ingredients together and add to creamed mixture. Stir in nuts. Drop by spoonfuls onto a greased baking sheet. Bake in a moderate oven 10 to 15 minutes. Frost with powdered sugar frosting if desired.

TOFFEE BARS — Elizabeth Smith, Iowa State College

1/2 c. butter
1/2 c. brown sugar
1 c. flour

Mix the above ingredients as pie crust; put into an ungreased pan and bake 10 minutes in a moderate oven. Line the bottom of the pan as well as up the sides.

Top Mixture.

2 eggs, (beaten light)
2 Tbsp. flour
1 c. brown sugar
1 tsp. baking powder
1/2 tsp. salt
1 c. cocoanut
1/2 c. nuts
1 tsp. vanilla

Mix the flour, salt, baking powder, brown sugar together; then add the well beaten egg to this mixture. Add the vanilla, cocoanut and nuts and pour lightly over the baked crust - return to oven and bake 25 minutes longer.

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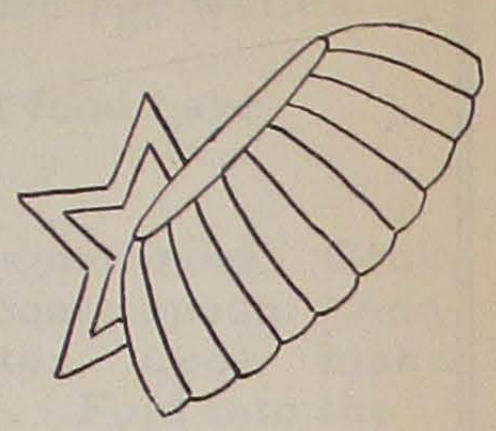

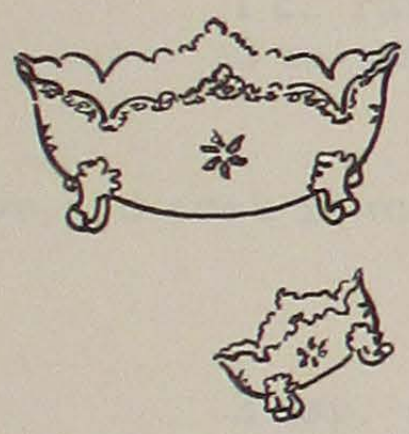

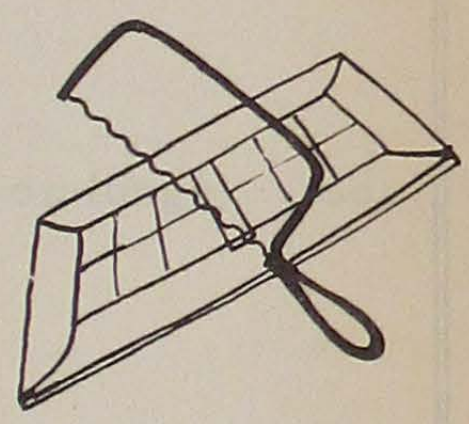

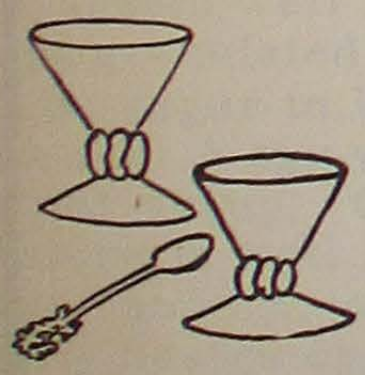

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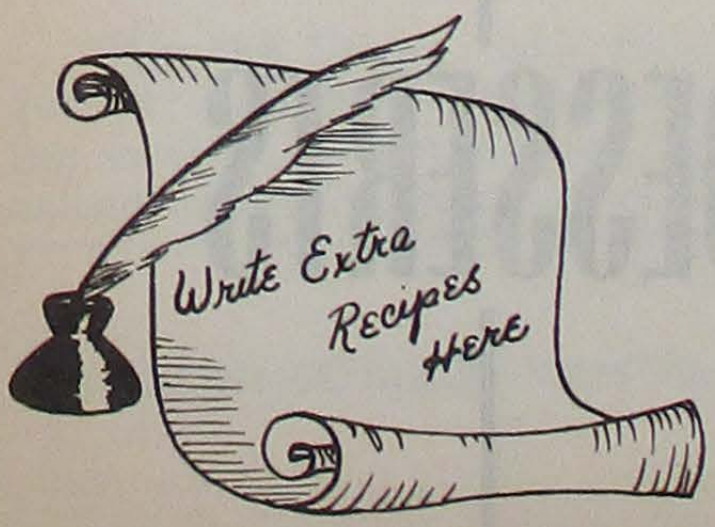
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ANGEL CUSTARD DESSERT — Mrs. William Gloer

6 beaten egg yolks
3/4 c. sugar
3/4 c. lemon juice
1 1/2 tsp. lemon rind
1 Tbsp. unflavored gelatin
1/4 c. water
6 stiffly beaten egg whites
3/4 c. sugar
1 large angel food cake

Combine egg yolks, sugar, lemon juice and rind. Cook over hot water (not boiling) until mixture coats spoon. Add gelatin which has been softened in cold water. Cool. Make a meringue of egg whites and 3/4 c. sugar. Fold into the custard. Tear angel food apart in bite sized pieces. Place in angel food pan, which has been greased with salad oil. Pour custard over cake and chill until firm. Garnish with cherries and green gum drops. Slice. Serves 12 or more.

POOR MAN'S PUDDING — Irene Allen

1 c. lard
3 c. sugar
2 c. dates
1 c. raisins
3 c. water

Combine the above and cook 10 minutes or longer. Cool.

Add:

6 c. sifted flour
3 tsp. soda
2 tsp. salt
2 tsp. mixed spices, sifted together.

Mix until smooth. Bake in moderate oven 30-45 minutes. Serve with whipped cream or lemon sauce. Serves 32.

MACAROON ICE BOX PUDDING — Mrs. John Hamilton

Cream well 1 c. butter, beating until creamy. Add 1/2 c. of granulated sugar a little at a time. Dissolve another 1/2 c. sugar in 1/4 c. hot water and cook to a syrup. Pour this over 6 egg yolks beaten until lemon colored before adding the syrup. Cool, then add butter mixture. When the mixture is well blended, add 1 c. pineapple, well drained of juice, and 1 c. of crushed macaroons. Lastly fold in the stiffly beaten egg whites. When all the mixture is in, flavor with 1/2 tsp. vanilla and pour into rim pan which has been lined with lady fingers. Let stand in ice box 24 hours and

serve with whipped cream. Sliced cake or vanilla wafers may be used in place of lady fingers.

GELATIN PLUM PUDDING

Esther Rawson
Iowa State College

1 env. Knox gelatin
1/3 c. cold water
soak together
1 pt. milk
3 eggs
3 sqs. chocolate, (4 Tbsp. cocoa)
1/2 c. sugar
raisins, dates and nuts

Beat egg yolks - add sugar. Stir together and put into hot milk. Add cocoa. Cook enough to thoroughly dissolve - turn gelatin into that. When it begins to stiffen, add as man raisins, dates and nuts as desired. Last add the stiffly beaten egg whites.

EASY LEMON PUDDING

Mrs. J. H. Westcott

Moisten 4 Tbsp. cornstarch with 1/2 c. cold water and add 2 c. boiling water with 1 c. sugar. Let boil until it thickens, then pour slowly over the well beaten whites of 2 eggs. Add juice of 1 lemon. Pour in molds and cool. Serve with custard sauce.

Custard.

Mix together 2 egg yolks and 1/4 c. sugar and 1/4 tsp. salt. Add 2 c. hot milk. Cook in double boiler, stirring constantly until custard coats the spoon. Add 1/2 tsp. lemo extract. Cool and serve over lemon pudding. Serves 8.

DEPRESSION PUDDING

Mrs. R. W. Ahlquist

Batter.

3/4 c. brown sugar
1/2 c. milk
1 1/2 tsp. baking powder
1/2 c. dates
2 Tbsp. butter
1/2 c. sifted all purpose flour
Pinch salt
1/2 c. nut meats

Syrup.

1/2 c. water
1 tsp. vanilla
1 c. brown sugar
1 Tbsp. butter

DEPRESSION PUDDING (Continued)

Dissolve sugar but do not boil. Drop batter by spoonfuls into syrup and bake in a 350 degree F. oven until done. Serve with whipped cream.

BROWNIE PUDDING — Mrs. C. C. Norman

1 c. flour
2 tsp. baking powder
1/2 tsp, salt
3/4 c. granulated sugar
3/4 to 1 c. chopped walnuts
2 Tbsp. cocoa
1/2 c. milk
1 tsp. vanilla
2 Tbsp. shortening, melted

Topping.

1 c. brown sugar
1/4 c. cocoa
1 3/4 c. hot water

Sift together flour, baking powder, salt, sugar and cocoa. Add milk, vanilla and shortening; mix until smooth. Add nuts. Pour into greased 8-inch pan. Mix brown sugar and cocoa, sprinkle over batter. Pour hot water over entire batter. Bake in moderate oven 350 degrees 40 to 50 minutes. This forms a chocolate sauce on the bottom. Cut in squares and serve upside down. Should be served the same day as baked. Serves 8.

CARROT PUDDING — Genorie Lovrien

1 c. chopped carrots
1 c. chopped raisins
1 c. chopped suet
1 c. chopped potato
1 tsp. soda
1 c. flour
1 c. brown sugar
1/4 tsp. salt

Mix all ingredients and steam in individual molds 2 1/2 hours. Good warmed up.

Sauce.

1/2 c. butter
1 1/2 c. powdered sugar
1 tsp. vanilla
1 egg white, well beaten

Beat until fluffy. Serve on pudding.

CHERRY PUDDING — Irene Allen

4 Tbsp. shortening
4 c. flour

CHERRY PUDDING (Continued)

2 c. sugar
2 c. milk
4 tsp. baking powder

Cream sugar and shortening. Add milk, flour and baking powder. Beat smooth. Pour into greased baking dish. Put the following on top.

4 c. cherries
2 c. hot cherry juice
2 c. sugar

Mix and pour over batter. Bake 30 minutes 350 degree F. oven. Serves 32.

DATE PUDDING — Jane Moseley

2 Tbsp. butter
1 c. sugar
1 pkg. dates
2 tsp. baking powder
1 1/2 c. flour
1 tsp. soda
1 c. boiling water
1 egg
1 c. nut meats

Sprinkle soda over dates which have been cut in small pieces. Add boiling water and let stand until cool. Add beaten egg and flour, which has been sifted with baking powder . Add nuts and bake in moderate oven for 30 to 40 minutes. Serve with whipped cream.

DATE SMACK — Mrs. Ethel B. Woodard

1/2 c. white sugar
1/2 c. butter
2 egg yolks
1 1/2 c. pastry flour
1 tsp. baking powder
Pinch of salt

Cream sugar and butter. Add beaten egg yolks, then add sifted dry ingredients. Put this mixture into bottom of 9-inch pan.

Filling. Mix the following:

2 egg whites, beaten stiff
1 c. brown sugar
1 c. chopped dates

Spread this mixture over top of first mixture. Bake 1/2 hour at 350 degrees F. Serve with whipped cream.

CHRISTMAS PLUM PUDDING

Lenore Sullivan
Institution Management
I. S. C.

1 1/2 c. brown sugar
1 c. ground suet
3 c. grated raw carrots
2 c. grated raw potatoes
2 Tbsp. lemon juice
1 Tbsp. grated lemon rind
3 c. flour
2 tsp. soda
1/2 tsp. cinnamon
1 tsp. nutmeg
2 Tbsp. molasses
1 qt. seedless raisins
3/4 c. chopped nuts
1/2 c. chopped fine citron

Combine brown sugar, ground suet, grated carrots, potatoes, lemon juice and grated lemon rind. Sift the flour, soda, cinnamon and nutmeg together twice. Add dry ingredients to first mixture; add molasses, raisins, nuts and citron. Mix well. Grease 1 lb. baking powder cans; fill 2/3 full. Steam for 1 to 1 1/2 hours. Remove from can; cut into fourths. Serve hot with vanilla or hard sauce.

Variation: For individually baked or steamed plum puddings fill greased custard cups 2/3 full with mixture; cover with double thickness of wax paper fastened securely with string, or cover with aluminum foil pressed down securely if the waxed paper is not used. This recipe makes 24 custard cups of pudding.

Note: For lighted plum puddings at Christmas time, pour lemon extract over sugar cubes (few at a time); let stand a few seconds; place on pudding after sauce has been put on. Light cubes just before pudding is served.

GRAHAM NUT TORTE

Mrs. Ronald V. Wells

1/2 lb. graham crackers
1 1/2 c. sugar, granulated
4 eggs, unbeaten
1 c. nut meats
2 tsp. baking powder
1/4 tsp. salt

Break graham crackers coarsely; do not roll. Chop nuts coarsely. Put all ingredients in mixing bowl. Blend only until ingredients are moist but not smooth. Spread in shallow buttered pan, 1/2-inch thick. Bake 25 minutes at 325 degrees F. (This mixture will not be firm like cake when done.) Cut in squares while warm, and serve with whipped cream, ice cream or top milk

JELLIED CINNAMON APPLES

Mrs. E. E. Diehl

6 apples, pared, cored, quartered
1/4 tsp. red coloring
1 c. water

JELLIED CINNAMON APPLES (Continued)

3/4 c. sugar
1 Tbsp. cinnamon candies
1 pkg. lemon jello

Place all but the jello in a pan. Cover tightly and bring to a boil. Reduce heat and cook until apples are tender. Strain syrup off the apples and add enough water to the syrup to make 1 3/4 c. liquid. Bring to a boil and dissolve the jello in this. Chill until partly thickened, then pour over the apples which have been spread in a pan about 6 1/2x10x2 inches. Continue chilling until well set. Cut in oblongs or squares. May be served on crisp greens as salad or alone as dessert. 8-10 servings.

BAKED DEVIL FLOAT — Florence Marston

1/2 c. sugar
1 1/2 c. water
12 marshmallows, quartered
2 Tbsp. shortening
1/2 c. sugar
1 tsp. vanilla
1 c. flour
1/2 tsp. salt
1 tsp. baking powder
3 Tbsp. cocoa
1/2 c. milk
1/2 c. chopped nuts

Cook 1/2 c. sugar and water 5 minutes; pour into casserole. Top with marshmallows. Cream shortening and second 1/2 c. sugar; add vanilla; add flour sifted with salt, baking powder, and cocoa, alternately with milk. Add nuts. Drop from spoon over marshmallows. Cover and bake in moderate oven 350 degrees 45 minutes. Serves 6.

RAISIN PUFFS — Mrs. Marion B. Richardson

2 Tbsp. sugar
1/2 c. shortening
2 eggs
1 c. sweet milk

Sift 3 tsp. baking powder in 2 c. flour. Combine above ingredients. Add 1 c. chopped raisins. Fill greased molds half full, and steam 1 hour.

Sauce.

1 c. sugar
1 egg
1 Tbsp. butter
1 Tbsp. cornstarch
1 c. hot water
1 Tbsp. vinegar

Mix yolk of egg with sugar, butter and cornstarch.

RAISIN PUFFS (Continued)

Add water and cook until clear. When cool, add beaten whites. Serve over raisin puffs.

FRUIT ICE CREAM CHIFFON — Emily Mellor

Dissolve 1 box jello (color and flavor as desired) in 2 c. boiling water. When jello has chilled to soft jelly consistency, place in a large bowl and beat with electric beater until very frothy. Then add 1 pt. of vanilla ice cream. Stir just enough to mix well. If you add 1 pkg. of frozen strawberries to the above mixture it fills 2 8-inch graham cracker crusts. Or serve in sherbet dishes. Serves 8-10.

Use pineapple or lime jello and crushed pineapple to make a spring like dessert. This is very inexpensive and not too rich for that diet.

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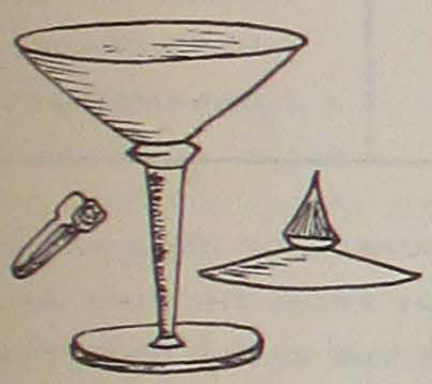
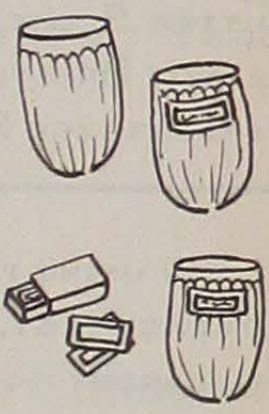
CANDY

JELLY





PRE-SERVES

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes.

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234 – 238 degrees	soft ball
Divinity, Caramels	245 – 248 degrees	firm ball
Taffy	265 – 270 degrees	hard ball
Butter Scotch	275 – 280 degrees	light crack
Peanut Brittle	285 – 290 degrees	hard crack
Caramelized Sugar	310 – 321 degrees	caramelized

In using the coldwater test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1–2 tsp. into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten our a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

FUDGE

Leota Smith
Mrs. Kenneth Holdredge

4 c. granulated sugar
1/4 lb. butter
1 can evaporated milk, (large)

Combine ingredients and cook to soft ball stage over medium heat, stirring to prevent sticking.

Add:

2 pkgs. chocolate chips
1 pt. marshmallow creme
vanilla
nut meats, if desired

Stir in chocolate chips until melted, then add marshmallow creme and stir until well blended. Pour into wax paper lined dish. Yield: Fills dish approximately 8x12.

CHOCOLATE FUDGE

Mrs. Mable Taylor Jennings
Memphis, Tenn.

1 c. white sugar
1 c. brown sugar
1/4 c. white corn syrup
1/2 c. milk
1/4 c. butter
4 Tbsp. cocoa
1 tsp. vanilla
1 c. nut meats

Boil all but cocoa, vanilla and nuts for 2 1/2 minutes. Add cocoa. Boil 5 minutes or until it forms a firm ball in cold water. Remove from fire, add vanilla and nuts. Cool to lukewarm. Beat till creamy. Pour in buttered pan or platter.

FUDGE NUT ROLL

Mrs. Ethel B. Woodard

2 sqs baking chocolate
2 c. sugar
1/4 c. white corn syrup
1/2 c. evaporated milk
1 Tbsp. butter
1/8 tsp. salt
1 tsp. vanilla
1 c. nuts

Melt chocolate in saucepan. Add sugar, salt, syrup, evaporated milk and butter to melted chocolate. Cook, stirring constantly until sugar dissolves. Boil steadily on a simmer flave, stirring occasionally until mixture reaches soft ball stage. Remove from flame. Cook until lukewarm or until hand can be held comfortably on bottom of pan. Add salt, vanilla and nuts. Beat candy until it holds its shape.

FUDGE NUT ROLL (Continued)

The candy may be shaped into a roll by using a little butter on the finger tips.

VELVET FUDGE — Mrs. W. Ray Murley

3 sqs. chocolate
3 c. sugar
2 Tbsp. corn syrup
1 c. undiluted evaporated milk
3 Tbsp. butter
1 tsp. vanilla

Cut chocolate over sugar into 2 qt. saucepan. Add corn syrup and milk. Place over medium heat, stirring until sugar dissolves and chocolate melts. Bring to boiling cover and cook 2 minutes. Uncover and cook, stirring occasionally, to 235 degree F. or soft ball stage. Remove from heat. Add butter and let cool without stirring. Add vanilla and beat until thick and no longer glossy. Spread in buttered pan. When firm, cut in squares. Makes 1 3/4 lbs.

DIVINITY OR SEA FOAM — Mrs. Ethel B. Woodard

3 c. sugar
3/4 c. white corn syrup
1 c. water
Pinch cream of tartar
2 egg whites
1/3 c. English walnuts

Place sugar, corn syrup and water in kettle over fire. Stir until all is dissolved. Add cream of tartar, then wash down sides of kettle with cloth soaked in water. Let cook to medium ball stage. Beat egg whites stiff in a good size bowl. Add cooked syrup to egg whites, beating while pouring. Pour slowly. After it is all poured, continue to beat until candy begins to set and get heavy. Add a little vanilla and nuts. Drop by teaspoonful on oiled paper or put into greased pan and cut in squares. Use brown sugar for Sea Foam Divinity.

FONDANT — Mrs. Ethel B. Woodard

4 c. granulated sugar
1 1/2 c. cold water

Place over low heat until dissolved, then cook rapidly until boiling. Add 1/4 tsp. cream of tartar. With a cloth wet in cold water, wash off any grains of sugar on sides of pan. Cover and boil rapidly 3 or 4 minutes or to soft ball stage. Dampen a platter or plates in cold water. Turn syrup onto platter or plates. Do not scrape pan or fondant may

FONDANT (Continued)

be grainy. When syrup wrinkles a little when side of plate is tipped, work with spatula or knife until it begins to be white. Then take up in hands and knead. Then put into bowl and cover with damp cloth. Let stand in cool place 24 hours. When ready to use work in desired coloring, flavors, etc.

POP CORN BALLS — Mrs. Wrey Hammond

2 c. white sugar
1 c. white corn syrup
1/2 tsp. cream of tartar
1 Tbsp. butter

Boil to hard ball stage. Add and beat in 1/2 tsp. soda. Pour over 6 qts. popped corn. Stir until grains are coated. Make into balls.

PRALINES — Jewel Graham, I. S. C.

1 c. brown sugar, firmly packed
2 c. white granulated sugar
3 Tbsp. corn syrup
1 c. evaporated milk ~~and~~ cream
1/4 tsp. salt
2 Tbsp. butter
1 tsp. mapleine
1 tsp. vanilla
1 c. broken pecans
1/2 c. pecan halves

Cook sugar, syrup, milk ~~and~~ cream and salt in a heavy sauce pan to the soft ball stage (234 degrees F.) Stir to prevent scorching. Remove from fire and add butter, flavoring and broken pecans. Stir until mixture begins to stiffen but is still ~~greasy~~ glossy. Drop rapidly from a spoon onto buttered cookie sheet or smooth flat surface in patties about 4-inches in diameter. Press pecan halves into top of each praline. Candy will stiffen immediately. Remove from surface with spatula. Wrap in waxed paper and store in closed container to prevent drying. Makes about 12 ~~hugh~~ large pralines.

PRALINES — Georgene Barte, Food & Nutri. Dept., I. C. S.

1 c. maple syrup
1 lb. powdered sugar
1 c. coffee cream
~~1 c. coffee cream~~
2 Tbsp. butter
1/2 lb. pecan meats
1/2 tsp. each mapleine and vanilla
1/8 tsp. salt

Cook syrup, sugar and cream to soft ball stage,

PRALINES (Continued)

(234 degrees F.) Remove from fire. Add to cooked syrup the remaining ingredients and beat until the mixture begins to thicken. Do not beat until it loses its gloss. Put out on wax paper by the spoon full to harden. Work rapidly so candy doesn't crystallize before you have it poured out. Size of the praline patties can vary depending on how they are to be used. Tiny ones are nice for teas.

APRICOT PRESERVE — Mrs. H. J. Edmand

1 lb. dried apricots
2 c. sugar
1 No. 2 1/2 can crushed pineapple

Soak apricots over night in enough water to cover. Simmer until done, then mash and add sugar and pineapple and boil until thick.

CRANBERRY JELLY — Hazel Shelton

4 c. cranberries
2 c. sugar
1 c. boiling water

Cook cranberries in boiling water until all berries pop. Put through sieve, add sugar, cook 5 minutes, stirring constantly. Turn into a mold.

ORANGE MARMALADE — Irene L. Wells

6 oranges
3 lemons

Choose smooth skinned "navel" oranges. Wash well. Slice in thin strips with vegetable slicer. Pulp may be cut larger. Discard stem end and hard navel, and lemon seeds. Weigh, and to each pound of fruit add 1 1/2 pts. of water. Cook, covered, until peel is tender. It should rub to a pulp between thumb and finger. (30 to 40 minutes.) Remove lid of kettle and let stand overnight. Weigh, bring to boil and to each pound of fruit add 1 1/2 lbs. of sugar. Bring to a quick rolling boil and boil 30 min. Pour into containers. Cool. Cover with paraffin. (Use entire orange and lemon except as indicated above.)

CANDIED ORANGE PEEL — P. Mabel Nelson
Dean of Home Economics

Use grapefruit or orange peel or both, but cook them

separately. The grapefruit peel will become clear more quickly than the orange peel.

Cut the peeling into strips using a pair of kitchen scissors, in the size of pieces desired for serving, being sure that the white membrane is more or less uniform in thickness, not nubby at the ends of the pieces. Some folks skin off the white membrane - I leave it on. I like slender pencil like strips, not squares or chunks.

Cover the peel with cold water and bring to a boil. Let boil 3-5 minutes (5 minutes for the orange peel). Pour off the water and repeat 3 times. If necessary, bring to a boil a 4th time, but put salt in the water for the last boiling whether it is the 3rd or the 4th. The peel should be clear and translucent at this stage. If not, boil until it is.

Prepare a thick syrup, enough to cover the peel, and boil down slowly until the peeling has taken up all of the syrup. When the bottom of the pan is dry or almost so, (watch, don't let the peel burn), lift the peel out onto a tray and sprinkle with granulated sugar or roll in granulated sugar. Set aside to cool. It is then ready for use and will keep a long time.

The frequent changes of water and the salting of the peel removes the strong flavor and gives a delicate product which is satisfying to most tastes.

APPLETOE — Mrs. C. S. Jackson

1 c. sugar
1/8 tsp. salt
1/2 c. water
3 apples, cut in 12ths.

Make syrup. Cook apples until transparent. Remove. Drain, place on wax paper 24 hours. Roll in granulated sugar. Let stand 24 hours and again roll in sugar. Repeat until dry and like crystals on outside.

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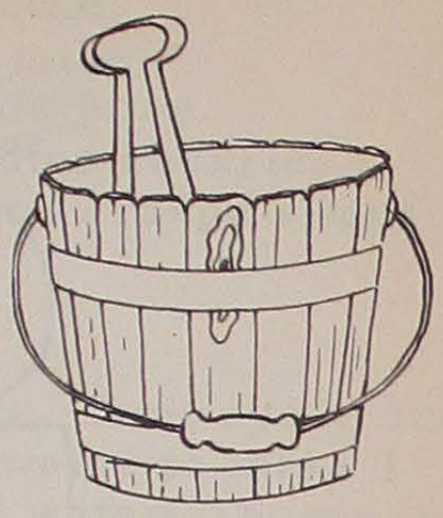
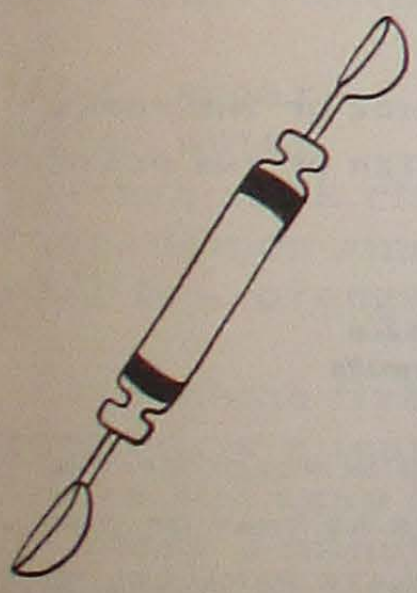
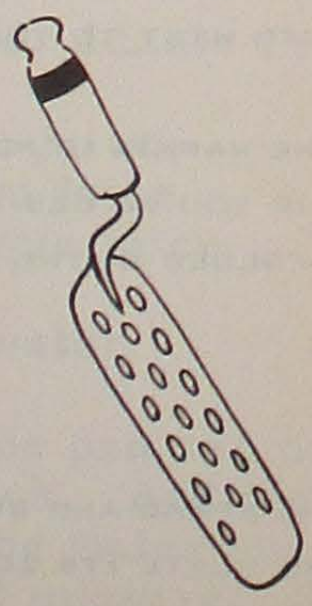
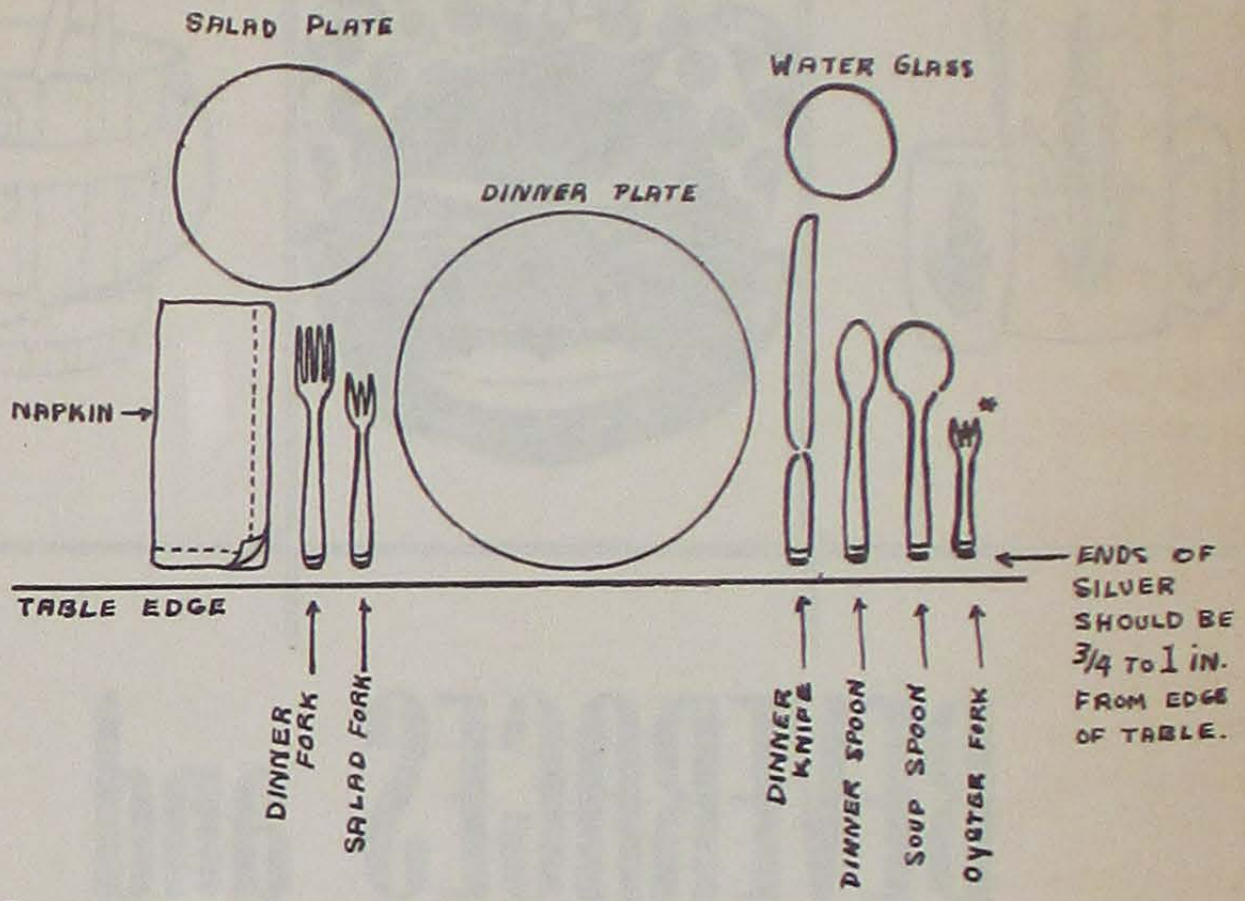


BEVERAGES and MISCELLANEOUS





DINNER PLACE SETTING



* NOTE: OYSTER FORK IS ONLY FORK EVER TO APPEAR ON RIGHT SIDE OF PLATE. IT MAY BE BROUGHT IN AT TIME COURSE, FOR WHICH IT IS TO BE USED, IS SERVED.

THE SALAD FORK IS PLACED NEXT TO THE DINNER PLATE IF THE SALAD IS TO BE CONSUMED WITH THE MEAL OR IF THE SALAD IS TO BE THE COURSE AFTER THE MEAT COURSE (AS PICTURED ABOVE). HOWEVER, IF THE SALAD IS TO BE SERVED FIRST (AS AN APPETIZER) THE SALAD FORK SHOULD THEN BE PLACED NEXT TO THE NAPKIN AND THE DINNER FORK PLACED NEXT TO THE PLATE.

THE NAPKIN IS PLACED (PREFERABLY) ON THE OUTSIDE OF THE FORKS BUT IF YOU SO DESIRE IT MAY BE PLACED IN THE CENTER OF THE PLATE AND FOLDED IN THE SQUARE FOLD.

SQUARE FOLD FOR NAPKINS

IF A BREAD AND BUTTER PLATE IS GOING TO BE USED IN PLACE OF THE SALAD PLATE ITS LOCATION ON THE TABLE IS THE SAME AS THAT OF THE SALAD WITH THE BUTTER SPREADER PLACED ON THE PLATE PARALLEL TO THE EDGE OF THE TABLE.

BEVERAGES, MISCELLANEOUS

PUNCH FOR FIFTY

Mrs. L. W. Forman

2 c. sugar
1 c. water
1 c. tea infusion
2 c. fruit syrup
1 qt. charged water, or ginger ale
1 c. lemon juice
2 c. orange juice
2 c. pineapple juice
1 c. maraschino cherries or lemon and orange slices, (optional)
Ice water

Boil sugar and water 5 minutes; add tea, fruit syrup and juices. Let stand 30 minutes and add ice water to make 1 1/2 gals. liquid. Add garnish and charged water. Serve in punch bowl with large piece of ice.

BOHEMIAN TEA

Mrs. Irene Wells

Serves 40 to 45 (in tea cups)

ground cinnamon 1 tsp.
ground cloves 1 tsp.
boiling water 6 qts.
sugar 2 c.
orange pekoe tea 2 Tbsp.
orange juice 1 1/2 c. (6 or 8)
lemon juice 3/4 c. (3 or 4)

1 - Tie ground cinnamon and cloves loosely in muslin bag. Add spices and sugar to the boiing water and boil together for 5 minutes. Remove from heat.

2 - Tie tea in muslin bag. Add to syrup. Cover and let stand 5 minutes. Remove spices and tea bag.

3. - Add juice of orange and lemons. Serve hot.

HOT TEA PUNCH

Mrs. Lizzie Pankuk

1/2 c. sugar
1/2 c. water
1 2-inch stick cinnamon
1 tsp. lemon rind
1 1/2 tsp. orange rind
1/4 c. orange juice
2 Tbsp. lemon juice
1/4 c. pineapple juice
3 Tbsp. tea
3 c. boiling water

Combine first five ingredients in a sauce pan and boil gently five minutes. Remove cinnamon stick. Add fruit juices and keep hot. Meanwhile pour boiling water over tea; let steep 3 minutes. Combine tea and fruit mixture. Serve hot in tea or coffee cups. 6-8 servings.

FRAPPE

Mrs. Ethel B. Woodard

1 qt. ice cream
1 qt. sherbet, any desired flavor or color
1 qt. ginger ale

Have ice cream soft, add ginger ale. Beat with rotary beater or electric beater. Add sherbet which is not too hard and cut in inch cubes. Do not beat after sherbet is added.

CHEESE SANDWICH SPREAD

Mrs. Forrest Millikin

1 small can evaporated milk
1/2 lb. cheese
1 egg
1 can pimentos
Salt, pepper and sugar to taste

Place milk and beaten egg in double boiler and heat; add cheese, sliced thin and stir until melted. Add chopped pimentos, sugar, salt and pepper and mix thoroughly. Mixture may be kept for days in refrigerator. Use for either open faced or closed sandwiches.

Write Extra Recipes Here:

QUANTITIES OF FOOD FOR SERVING 100

Mrs. W. D. Hammond

Potatoes	4 pecks
Creamed or scalloped potatoes	6 gallons
Mashed potatoes	6 gallons
Gravy	1 gallon
Meat Loaf	25 lbs.
Steak for Swiss steak	35 lbs.
Smoked ham for baking	3 medium sized hams
Chicken for pie or creamed	30 lbs.
Baked beans	5 gallons
Vegetable soup	5 gallons
Vegetable salad	4 gallons
Coffee	2 lbs.
Coffee Cream	3 qts.
Salad dressing	3 qts.
Bread	20 loaves
Rolls	16 dozen
Butter (individually served)	4 lbs.
Butter (if creamed and spread)	2 lbs.
Vegetables	Allow 1/3 cupful per serving
Corn or peas	13 cans
Loaf sugar	3 lbs
Cocktail	2 1/2 gallons
Ice cream	4 gallons
Salted nuts	3 lbs.
Olives	4 qts.
Jelly or marmalade	12 glasses
Pie	20 or 25 pies
Cheese (cottage)	4 ~~lbs~~ *gallons*

TABLE OF WEIGHTS AND MEASURES

2 Tbsp. butter	1 ounce
2 Tbsp. sugar	1 ounce
4 Tbsp. flour	1 ounce
2 Tbsp. liquid	1 ounce
4 Tbsp. cocoa	1 ounce or 1 sq. chocolate
2 1/2 Tbsp. baking powder	1 ounce
1 medium size egg weighs	2 ounces
3 tsp. equal	1 Tbsp.
4 Tbsp. equal	1/4 cupful
16 Tbsp. equal	1 cupful or 1/2 pint
2 cupfuls equal	1 pint
4 cupfuls (or 2 pts.) equal	1 qt.
4 cupfuls cake flour equal	1 lb.

TABLE OF WEIGHTS AND MEASURES (Continued)

2 cupfuls granulated sugar equal	1 lb.
2 2/3 cupfuls brown sugar equal	1 lb.
3 1/2 cupfuls confectionery sugar equal	1 lb.
2 cupfuls butter equal.....	1 lb.

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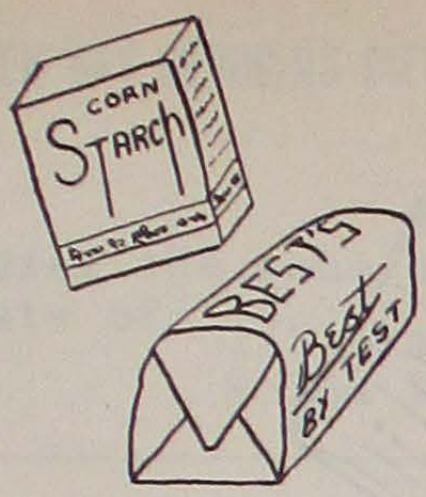
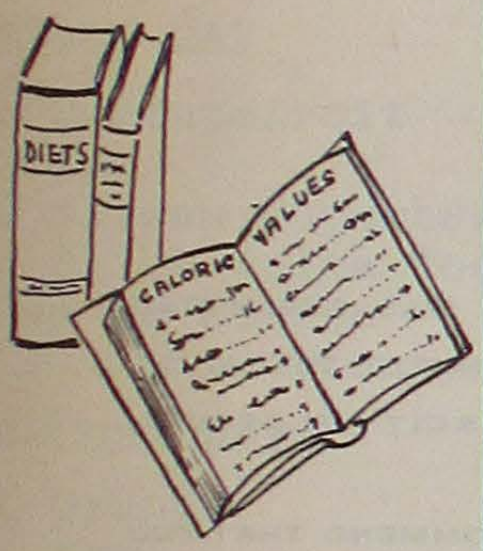
CALORIC





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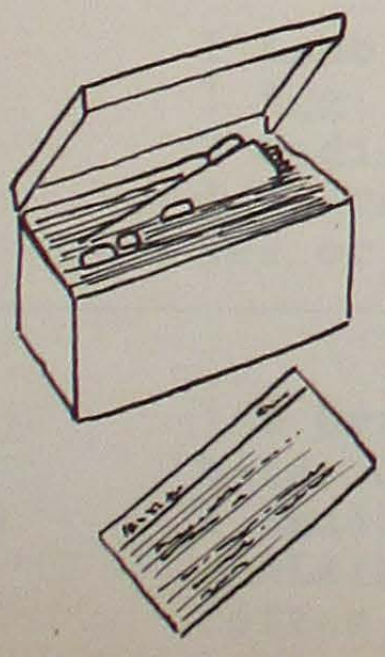

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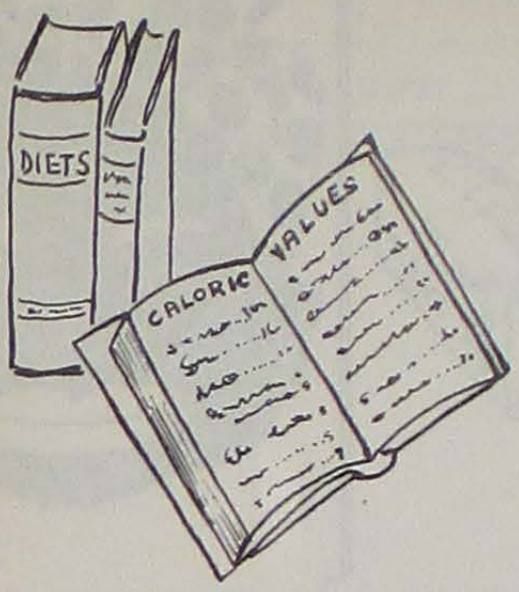

ALL MATERIAL IN THIS SECTION WAS SUBMITTED BY DR. JAMES D. ORR, P. T., DIETITIAN AND PHYSIO-THERAPIST OF THE GATEWAY HEALTH INSTITUTE, KANSAS CITY, MISSOURI.

BEFORE USING ANY DIET WE RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:

1/2 Grapefruit
Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

	LUNCH	DINNER
FIRST DAY:		
	1/2 Grapefruit 1 Egg 6 Slices Cucumber 1 Slice Melba Toast Tea or Coffee	2 Eggs 1 Tomato 1/2 Head Lettuce 1/2 Grapefruit Coffee
SECOND DAY:		
	1 Orange 1 Egg 1 Slice Melba Toast 1/2 Head Lettuce Tea	1 Small Broiled Steak, PLAIN 1/2 Head Lettuce 1 Tomato 1/2 Grapefruit Tea or Coffee
THIRD DAY:		
	1/2 Grapefruit 1 Egg 8 Slices Cucumber Tea or Coffee	1 Lamb Chop Lean, PLAIN 1 Egg 3 Radishes 1/2 Grapefruit Tea or Coffee
FOURTH DAY:		
	1 Tomato 1/2 Grapefruit 1 Slice Melba Toast Cottage Cheese Tea	1/2 Grapefruit Water Cress 1 Small Broiled Steak, PLAIN Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg
1/2 Head Lettuce	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
Coffee	1 Slice Melba Toast
	Tea
NINTH DAY:	
1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	
TENTH DAY:	
1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop Plain	1 Lamb Chop PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast
Tea

1 Small Broiled Steak, PLAIN
1 Stalk Celery
1 Tomato
2 Olives
Tea

TWELFTH DAY:

1/2 Lobster
2 Crackers
1/2 Grapefruit
Tea

1 Broiled Steak, PLAIN
Cole Slaw
1 Tomato
1 Orange

THIRTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit

1/2 Grapefruit
1 Small Broiled Steak
1/2 Head Lettuce
1 Stalk Celery
Coffee

FOURTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
1 Slice Melba Toast

1 Lamb Chop, PLAIN
1/2 Tablespoonful Catsup
1 Slice Melba Toast
1/2 Grapefruit

FIFTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit
Coffee

1 Small Broiled Steak, PLAIN
1 Small Portion Spinach, PLAIN
1 Orange
Tea

SIXTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Coffee

1 Small White Fish, Broiled
1 Small Portion Spinach, PLAIN
1 Orange
Tea

SEVENTEENTH DAY:

1 Lamb Chop, PLAIN
1/2 Head Lettuce
1/2 Grapefruit
Tea

1 Small Broiled Steak, PLAIN
1 Tomato
1 Stalk Celery
Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled
1 Tomato
1/2 Grapefruit
1 Glass Lemonade NO SUGAR

1/2 Can Pink Salmon
1 Serving Spinach, PLAIN
1/2 Grapefruit
Coffee

NOTE: You may substitute fish or the white meat o chicken any time for the lamb.

If you have not lost the desired weight you wil repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but yo do not become flabby.

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOM

MONDAY

	Calorie
BREAKFAST	
Orange Juice	9
1 Slice Buttered Toast	7
Tea or Coffee, Black	
LUNCH	
Ham Sandwich with Lettuce	20
Ice Cream	20
Tea or Coffee, Black	
DINNER	
Vegetable Soup	8
Hamburger on a bun	20
Ice Cream	20
Tea or Coffee, Black	
Total	1,04

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST	Calories
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Tomato Juice	50
Sirloin Steak--3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black..	
Total	1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	
LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	
Total	1,025

FRIDAY

BREAKFAST	Calories
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	
LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,030

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST — Calories

Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	

LUNCH

Bacon and Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	

DINNER

Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,155

SUNDAY

BREAKFAST — Calories

1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	

LUNCH

1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	

DINNER

Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	
Total	1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

PATRONIZE MERCHANTS ADVERTISED IN THIS COOK BOOK

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

HIGH CALORIE DIET

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A.M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P.M.	Milk, (hot or cold), cocoa, malted milk.

HIGH CALORIE DIET

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
Vegetables:	Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
Salad:	Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
Beverage:	Light tea or coffee, cocoa, malted milk.
Dessert:	Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

Weight in Pounds. (With Regular Clothes)			HEIGHT
20-24	25-29	30 and over	(with shoes on
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	...	...	6' 1"

MEN

Weight in Pounds. (With Regular Clothes)			HEIGHT
20-24	25-29	30 and over	(with shoes on
...	...	...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn bread	200
Cracked wheat bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate cake	400
Gingerbread	200
Ice cream, vanilla	215
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150

CALORIC CHART

Ham, smoked, medium fat	40
Liver	12
Pork chop, 1	20
Spareribs	33

MISCELLANEOUS

Butter, 1 pat	11
Jelly, 1 tablespoon	44
Jam, 1 tablespoon	6
Macaroni and cheese	16
Omelet, 1 egg	13
Spaghetti and meat sauce	29
Spanish rice	15
Sugar, 1 teaspoon	2
Whipped cream, 1 level tablespoon	3

VEGETABLES

Asparagus	1
Beans, green	3
Beans, Limas	13
Beets	4
Carrots	4
Cauliflower	3
Corn	10
Peas, canned	6
Peas, green	10
Potato, sweet, 1	20
Potato, baked, 1	10
Potatoes, creamed	10
Potatoes, fried	10
Spinach	2
Tomato, 1	2
Turnips	3

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

INDEX OF RECIPES

Page

HORS D'OEUVRES, PICKLES, RELISHES:

Sweet Pickles 1
Dill Pickles 1
Watermelon Pickles 1
Mother Baker's Chili Sauce 1
Tomato Catsup 2
English Chutney or Relish 2
Garden Relish 2

SOUPS, SALADS, VEGETABLES:

Tomato Soup 5
Cream of Potato Soup 5
Tomato Aspic 5
Tomato Jello Salad (Aspic) 5
Yum Yum Salad 6
Refrigerator Salad 6
Overnight Salad 6
Lime Cottage Cheese Salad 7
Lemon-Lime Jello Salad 7
Lemon Cottage Cheese Salad 7
Jellied Cucumber Salad 8
Green Gage Plum Salad 8
Frozen Fruit Salad 8
Delicious Raw Cranberry Salad 9
Cream Cheese Vegetable Salad 9
Cranberry Cole Slaw 9
Sour Cream Dressing 9
Quick Salad Dressing 10
Honey Salad Dressing 10
Salad Dressing 10
French Dressing 10
Candied Yams with Pineapple 11
Candied Sweet Potatoes 11
Corn and String Bean Custard 11
Harvard Beets 12
Green Beans with Sour Cream Dressing 12
Bean Loaf 12
Baked Asparagus and Eggs 12
Spinach Casserole 13

MEAT, FISH, POULTRY:

Chicken Baked Pork Chops 15

Pag

Swiss Steak. 1
Ship Wreck. 1
Johnny Mosetti. 1
Jan Nazette, (Veal and noodles). 1
Dinner-In-A-Dish. 1
Chipped Beef a la Mode. 1
Spicy Meat Loaf. 1
Meat Loaf. 1
Meat Loaf. 1
Meat Patty Casserole. 1
Porcupine Balls. 1
Danish Meatballs. 1
Baked Patties with Dressing. 1
Non-Shrink Hamburgers. 2
Beefburgers. 2
Filled Pancakes. 2
Hollywood Casserole. 2
Spam Casserole. 2
Italian Spaghetti. 2
Chile Con Carne 2
Danish Filled Cabbage 2
Cheese Custard. 2
Glazed Ham Loaf. 2
Frankfurter Casserole. 2
Barbecued Wieners. 2
Barbecued Short Ribs. 2
Barbecued Ribs. 2
Bar-Be-Cue Meat and Sauce. 2
Cheese Fondue. 2
Noodle Cheese Loaf 2
Cheese and Bacon Sandwiches. 2
Shrimp Creole. 2
Tuna Fondue. 2
California Chicken. 2
Chicken Pie. 2
Chicken and Biscuits. 2
Chicken Casserole. 2
Chicken Loaf. 2

BREAD, ROLLS, PASTRY:

Oatmeal Bread. 31
Banana Bread. 31
Orange Bread. 32
Orange Nut Bread. 32

Page

Nut Bread. 33
Banana Nut Bread. 33
Apple Sauce Nut Bread 33
Apricot Bread. 34
Boston Brown Bread. 34
Scotch Shortbread. 35
Pennsylvania Dutch Soft Ginger Bread. 35
Coffee Cake. 35
Burnt Sugar Coffee Cake. 36
Yeast Coffee Cake 36
Quick Coffee Cake 37
Filled Coffee Cake 37
Cream Puffs. 37
Jelly Roll. 38
Clover Leaf Rolls 38
Pecan Caramel Rolls 39
Quick Supper Rolls. 40
Refrigerator Rolls 40
Canfield Cheese Biscuits. 40
Cranberry Muffins. 41
Quick Orange Muffins. 41
Spiced Apple Muffins. 42
Ginger Muffins. 42
Scotch Oven Scones. 43
Scotch Scones 43
Ginger Bread Muffins 43
"Never Fail Doughnuts"! 44
Felixtowe Tart. 44
Hot Water Pie Crust. 44
Fluffy Pancakes. 44
Vanilla Cream Pie 45
Cream Raisin Pie. 45
Pecan Pie. 46
Southern Pecan Pie 46
Lemon Sponge Pie. 46
Lemon Dream Pie. 46
Lemon Cake Pie. 47
Graham Cracker Pie 47
Egg Nog Chiffon Pie 48
Old Fashioned Custard Pie. 48
Chess Pie. 48
Chocolate Chip Pie. 49
Golden Apricot Pie. 49
Angel Pie. 49
Boston Cream Pie. 50
Rhubarb Meringue Pie. 50

CAKES, COOKIES:

	Page
Jello Cake	51
White Cake	51
Peerless White Cake	51
Yellow Sponge Cake	52
Yellow Layer Cake	52
Refrigerator Cake	53
Walnut Marmalade Square	53
Boiled Raisin Cake	53
Boiled Raisin Spice Cake	54
Raisin Spice Cake	54
Matrimonial Cake	55
Fruit Cake	55
White Fruit Cake	56
Date Cake	56
Cocoa Cake	57
Chocolate Cake	57
Chocolate Cake	58
Mahogany Cake	58
Busy Day Cake	59
Burnt Sugar Cake	59
Apple Sauce Cake	60
Graces' Apple Sauce Cake	60
Apple Sauce Cake	60
Apple Sauce Cake	61
Pineapple Flip	61
Cheeseless Cheese Cake	61
Rich Strawberry Shortcake	62
Boiled Frosting	62
Marshmallow Icing	62
Quick Butterscotch Frosting	63
Fool-Proof Caramel Icing	63
White Sugar Cookies	63
Oatmeal Cookies	63
Oatmeal Cookies	64
Oatmeal Apple Cookies	64
Banana Oatmeal Cookies	64
Oatmeal Chocolate Chip Cookies	65
Oatmeal Tollhouse Cookies	65
Gum Drop Cookies	65
Date-Filled Cookie Squares	66
Ginger Cookies	66
Delicious Cookies	66
Danish Cookies	67
Chocolate Delights	67
Cocoanut Cookies	67

Page

Coconut Cookies 68
Cocoanut and Oatmeal Cookies 68
Brown Sugar Cookies 68
Christmas Meringue Cookies 69
Refrigerator Date Cookies 69
Pineapple Cookies 70
Toffee Bars 70

DESSERTS:

Angel Custard Dessert 71
Poor Man's Pudding 71
Macaroon Ice Box Pudding 71
Gelatin Plum Pudding 72
Easy Lemon Pudding 72
Depression Pudding 72
Brownie Pudding 73
Carrot Pudding 73
Cherry Pudding 73
Date Pudding 74
Date Smack 74
Christmas Plum Pudding 75
Graham Nut Torte 75
Jellied Cinnamon Apples 75
Baked Devil Float 76
Raisin Puffs 76
Fruit Ice Cream Chiffon 77

CANDY, JELLY, PRESERVES:

Fudge 79
Chocolate Fudge 79
Fudge Nut Roll 79
Velvet Fudge 80
Divinity or Sea Foam 80
Fondant 80
Pop Corn Balls 81
Pralines 81
Apricot Preserve 82
Cranberry Jelly 82
Orange Marmalade 82
Candied Orange Peel 82
Appletoe 83

BEVERAGES, MISCELLANEOUS:

Punch for Fifty 85

Page

Bohemian Tea 85
Hot Tea Punch 85
Frappe 86
Cheese Sandwich Spread 86
Quantities of Food for Serving 100 87

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

-F- Ames, Ia.

Write Extra
Recipes
Here

PAGE	CONTRIBUTOR	ERROR	CORRECTION
1	REILLY	IN TENTH LINE	POUR OFF AND HEAT
7	HARTMAN	NO CHEESE	ONE CARTON
	"	COOK	COOL
7	STACEY	½C WATER	1½C WATER
28	OMITTED	A FRIEND	MRS. WILLIAM GLOER
31	MELLOR	NO FAT	1/3C FAT
	"	NO SODA	1 TSP. SODA
35	TAYLOR	1/3C MILK	1C MILK
40	TAYLOR	ONE LINE OMITTED	ADD CRUMBLED YEAST, STIR UNTIL DISSOLVED. WORK IN FLOUR GRADUALLY AND KNEAD.
50	WESTERVELT	JELLO	JELLY
52	SPADARO	2C BAKING POWDER	2 TSP. BAKING POWDER
56	SMITH	3½C BUTTER	3/4C BUTTER
57	ELLSWORTH	1 TSP. SALT	½ TSP. SALT
62	"	½C WATER	3/4C WATER
66	HUTCHENS	NO SHORTENING	½C MELTED SHORTENING
67	BENSON	NO SUGAR	1C SUGAR
68	HETTLER	NO EGGS IN METHOD	CREAM SUGAR EGGS AND SHORTENING
70	WILLCOX	ALL	ADD
80	MURLEY	LET COOK	LET COOL
81	GRAHAM	GREASY	GLOSSY
	"	HUGH	LARGE
87	QUANTITY LIST	4 LB. COTTAGE CHEESE	4 QAL.

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